

U.S. MISSION DAKAR, SENEGAL



WINDOW TO DAKAR

WELCOME TO DAKAR!

We hope that your assignment in Senegal will be happy and rewarding, both professionally and personally.

Adjusting to a new job, a new home, a new school, different languages, and all the sights, sounds and cultural differences of a new country can seem overwhelming - especially if it's your first overseas assignment. Most of us have been through similar experiences, and all of us are anxious to help make the transition as smooth as possible for newly arrived employees and their families. The information in this handbook has been compiled with that purpose in mind, and to complement the Post Report on Senegal. It is not intended to take the place of briefings and materials that you will receive upon arrival. This is merely a practical guide to living in Dakar.

We hope that soon you too will share your "Dakar discoveries" with us, so that we may add them when the handbook is next updated. All suggestions should be sent to the Community Liaison Office (CLO).

Finally, we wish to thank Susan Hullinger for our cover photograph. Susan shot this photo while discovering St-Louis and we think it's appropriate; after all, this is your "Window to Dakar".

Community Liaison Office
February 2003

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AMERICAN EMBASSY

Dakar Senegal

U.S. Embassy

Ave. Jean XXIII, angle Rue Kleber

Telephone: 823-42-96; After Hours: 823-65-20

Office Hours: Monday - Friday, 9a.m. - 5 p.m.

USAID & RIG

N'gor Diarama Complex

Telephone: 869-61-00

Monday-Friday, 9a.m. - 5p.m.

US Mission Profile:

Ambassador

Deputy Chief of Mission

USAID Director

Regional Inspector General (RIG)

Defense Attache Office

Federal Aviation Administration

Office of Defense Cooperation

Peace Corps Director

US Treasury

Political Officer

Economic Officer

Public Affairs Officer

Consular Officer

Regional Medical Officer

Administrative Counselor

Regional Security Officer

Human Resource Officer

General Services Office

Facilities Maintenance Office

US Marine Detachment Commander

Community Liaison Office Coordinator

Richard Roth

Alan Latimer

Donald Clark

Lee Jewell

Maj. Jeff Miller

Edward Jones

Maj. Keith Lynch

Malcolm Versel

Bill William Baldrige

Chris Rochester

Timothy Forsyth

Michael Pelletier

Andrew Passen

Dr. Nancy Manahan

Paul Pometto

Joseph Davison

Sebron Toney

Gary Mignano

Frank Mashuda

Gunny Adam Yakubsin

Carol Bao & Diane Burke

SECURITY IN DAKAR

Guidelines for Visitors and Residents

Traveling overseas can be interesting and enjoyable. However, security incidents ranging from petty thefts to major robberies or assaults can turn your stay into a very unpleasant experience. Good security practices as well as common sense will greatly diminish your chances of becoming a victim. The following security practices can help prevent problems commonly encountered in Dakar as well as in other large cities.

AIRPORTS

Never leave your baggage unattended or allow someone other than an embassy expediter to check or claim your bags. Otherwise, your bags may literally walk away. Valuables such as cameras, medicines, and jewelry should always be placed in carry-on baggage and never checked through. Taxi fares to major hotels are usually posted or available at the information counter. Always fix the price before leaving the airport.

HOTELS

Valuables, plane tickets, passports and other valuable items should be locked in a safe deposit box or at the embassy office controlling your visit. Most major hotels have safe deposit boxes for your use. Keep in mind that hotels are a favored venue for pickpockets; guests generally are not familiar with the area or populace and may not realize that they are targets. Check with the reception or the concierge for directions if you are walking from your hotel, or simply take a taxi. Keep pocket money to a minimum and secure it in your front pants pocket or a buttoned shirt pocket. Women should keep a firm grip on handbags and purses.

TRANSPORTATION

Taxi Service: Taxis in Dakar are relatively safe, cheap and plentiful (500CFA within city limits). Although most taxi drivers are honest, less scrupulous drivers can be found in any city. Make sure you know at least the general direction to your destination or a five-minute ride may turn into a 30-minute tour of the city. Be sure to fix a price before you start, or ask the driver to use the meter. Note that the meter might end up costing more! Often, you will need to bargain a bit with the driver. Do not get into a taxi that has any additional passengers or “friends” enroute to your destination. Do not take the local buses or car rapides. Regardless of your means of transportation, always keep your car doors locked (even when in a taxi) and keep your windows rolled up. Never leave valuables in sight. Put your bags and purses on the floor of the vehicle and out of sight.

Driving: The majority of drivers in Dakar have a “me first” attitude and are inconsiderate of other drivers. Cars coming from the right always have the right-of-way except at clearly marked stop signs. Even then, you should drive defensively and never assume that the other car will follow the rules. In traffic circles, cars entering the circle have the right of way.

Car Guards: Nearly every time you park your car, you’ll be approached by at least one young boy offering to guard it. Choose a guard quickly and firmly. 100 CFA is a reasonable amount to pay if you’re parking for 30 minutes or more. Guards can be very unpleasant if you try to give less than that (even if you’ve only stayed five minutes). When shopping at outdoor markets, hire someone to carry your produce or be prepared to continuously fend off potential “helpers.” It will be 100 CFA well spent.

Walking: Walking is often faster than a cab or embassy vehicle and a great way to discover the city. However, certain areas require caution and others should be avoided altogether. Residents and visitors of Dakar should never walk along the “Petit Corniche,” which is located behind the Novotel Hotel and runs to the Savanah Hotel, nor should they walk downtown after dark. Prior to walking in the downtown area, be sure you are not carrying any more than you can afford to lose due to pick-pocketing and other forms of street crime.

Shopping:

Separate your money into various denominations. Never pull out a roll of bills unless you want everyone in the area to know exactly how much money you have. Try hard not to let yourself be surrounded by street vendors. It is a favorite scam of pickpockets to lift your wallet while others keep your attention on their wares. It is advisable to carry a photocopy of your passport or ID at all times.

Beggars: Americans are often surprised by the number of beggars in Dakar. However, remember that almsgiving is one of the pillars of Islam and an important part of Senegalese culture. No stigma is attached to begging and it is even required of children or adults who are studying in Koranic Schools. The children you see begging with empty cans are called “talibes” and are begging to earn their daily bread. You will also see “bifals,” young men dressed in brightly colored clothing. They can be quite aggressive and will step in front of you jingling the money in their bowls. If you are not inclined to give, just step around them and walk on. There are two Wolof phrases that may be useful to you: “Sarax sa agg na” or simply “agg na” (I have already given today) and “ba benen yohn” (next time). Upon hearing these phrases, beggars will usually wave or nod and back away. Since it would be impossible to give money to everyone who asks, you might want to choose one or two favorites to whom you give money on a regular basis or carry lots of small coins and give whenever the spirit moves you.

Hustlers: Expect to be hassled until your aura of newness wears off. You may be approached or followed by vendors who are pushy and unpleasant. The best policy for handling hustlers is to ignore them completely and walk on. They may follow you for a block before they “give up,” but it is never worth losing your temper or getting angry.

Common Scams: Most scam artists work in pairs for pick pocketing purposes. One man will distract you by engaging you in a conversation or by touching you while the other man will be picking your pocket or handbag or backpack.

Some popular scams in Dakar:

“Remember me?” “I helped you at the airport, restaurant, hotel...” -- This is a favorite opening line for scam artists in Dakar. Simply say no and walk away. Don’t get involved in a discussion.

“Bracelet Seller” -- Two young men will approach you, one on each side, with a cheap bracelet partially wrapped in paper (or a baseball cap, or a pair of sunglasses) to “sell” to you. While one of them tries to distract you with the item for sale, the other one will try to pick your pocket.

“Pants Puller” -- Again, two young men will approach you and one will suddenly bend down and pull at your pants leg or touch your shoes, while talking. As your attention has been distracted to your feet, the other man will attempt to pick your pocket or bag.

“Gift Giver” or “Welcome To My Country” -- This man will continuously and persistently welcome you to Dakar and give you a gift (usually something worthless). In the meantime, his partner will have moved in and will be attempting to pick your pockets.

Trust your intuition. If it feels like someone is trying to scam you, they probably are.

All new residents and long-term TDY personnel should receive a complete security briefing through the Regional Security Office shortly after their arrival at post.

MEDICAL INFORMATION

The Embassy Regional Medical Office has compiled the following medical tips for both TDY and new Mission personnel:

Tap water is not potable. Buying bottled water is recommended. Avoid ice cubes in drinks and eating uncooked vegetables or fruits that have not been peeled.

COMMON PROBLEMS:

MALARIA can kill. If you get fever, chills, and a headache (or 2 of the 3), you should be evaluated. If taking malaria prophylaxis, continue to do so for 4 weeks after leaving the country and remember, **NO PREVENTION STRATEGY IS ABSOLUTE. IF YOU EXPERIENCE A FEVER, HEAD ACHE, AND CHILLS WITHIN 6 MONTHS OF LEAVING DAKAR, YOUR PHYSICIAN MUST CONSIDER MALARIA!!**

DIARRHEA: If you experience this common problem, drink lots of fluids (including calories and salt) and avoid alcohol and caffeine. If you have a fever or blood in the stools, see a doctor.

IF YOU NEED MEDICAL HELP:

During the day, please call the medical unit at 823.60.48 (ext. 2112 if within the Embassy) for advice. After hours, call Post One, 823.65.20 and the Marines will put you in touch with the RMO or one of the following local doctors if the RMO is unavailable.

LOCAL DOCTORS: These physicians have been used at various times by Embassy personnel. The United States Government can make no guarantee or promise regarding the care they provide.

Dr. Djoneidi (Rue A X Rue 1, Point E. Office Tel: 825.75.03), Cellular phone: 638.1010.
A generalist, excellent English.

Dr. Kaouk (144, Rue Joseph Gomis X Kleber, Office Tel: 823.46.79). Beeper: 628.06.28 (leave message for no. 940), cellular phone: 638.4848. Family practitioner, good English.

SOS Medecin (Tel: 821.32.13). A mobile doctor service that will see you at the hotel or in your home. They can perform emergency assessments and provide primary care such as suturing, earaches, evaluation of fevers, etc. If necessary, they will transport the patient to a local hospital. Very highly recommended in emergencies.

If the above physicians are unavailable, go to the Emergency Room of the **Clinique de la Madeleine** (821-94-70/76/78/79), 18 Ave. Des Jambaars. Going from the Embassy on Rue Jean XXIII, continue straight through the round point and take the right turn just before the water tower (across from the British Embassy). Drive about three blocks--the clinic is on the right. Request that they call **Dr. Haidar** or **Dr. Ibrahim**.

Patients are expected to pay upon receipt of service.

In the event of a life-threatening emergency (such as a heart attack or serious car accident), the patient should be taken directly to the emergency room at Hôpital Principal.

Hôpital Principal (839-50 50) is located at Avenue Nelson Mandela x Avenue Léopold Sédar Senghor.

PRIVATE CLINICS

Clinique du Cap (822 10 73, 821 56 43, 821 36 27)

Avenue Pasteur.

Clinique de la Madeleine (821 94 70 / 76 / 78 /79)

18, Avenue des Jambaars

Clinique Pasteur (821 24 34, 821 25 48, 822 0310, 822 13 13)

50, Rue Carnot

PHARMACIES

Pharmacies are usually open from 8:00 a.m. to noon and from 3:00 p.m. to 7:00 p.m. Monday through Saturday and are found throughout the city. Frequently used local pharmacies include:

Pharmacie de la Nation (822.21.53) 153 Ave. Lamine Gueye (two blocks down on the right from Laticia and the Cathedral). Open 24 hours.

Pharmacie Ndoss (825.56.62) Avenue C.A. Diop. On Rue de Ouakam across from the University entrance. Open 24 hours.

Pharmacie Nelson Mandela (821.21.72) 12 Ave. Nelson Mandela. Across from Hopital Principal. Open 24 hours.

Some local equivalents of common non-prescription drugs:

Tylenol. (US generic name = acetaminophen). Sold as Panadol, Doliprane, (paracetamol = European generic name). Available in pills, suppositories, and liquid.

Aspirin. Jeuepirine, etc. (generic name = aspirine).

Motrin. (US generic = ibuprofen) Sold as Brufen in pills and children's syrup (@400 CFA).

BenGay. Number of products collectively known as pommade (or baume) analgesique, e.g., Baume Algipan. (@ 1700 CFA)

Sudafed. (US generic = pseudoephedrine). Not sold locally except in combination with an antihistamine, e.g., Actifed (@1200 CFA).

Cough Syrups. Multiple, e.g., Tussisidal.

Laxatives. Dulcolax (@1800 CFA), Senecot, and a number of bulk forming agents (similar to our Metamucil), e.g., Herbesar, Mucipulgite.

Antacids. Maalox (@1700 CFA), Gelusil, and others.

Throat Lozenges. A multiplicity of French products.

Nose Drops. Otrivine 1% (@1390 CFA). NOTE: these drops should not be used for more than 3 consecutive days.

Eye Drops. VITA-3, Sedacollyne, and others.

Ear Drops. Otipax and others.

Vaginal Yeast Infections. Fazol G (@3900 CFA), Gyno-Prevaryl 150 (@ 4000 CFA), and others.

PETS

Dogs and Cats brought to Senegal must have a valid health certificate and rabies vaccination. Accept as pets, only animals with a current rabies vaccination certificate and puppies or kittens from mothers who have been inoculated. Yearly rabies shots are a necessity.

Canned pet food is available but expensive. Most butchers sell “hache pour le chien” (coarsely ground meat scraps) and “pate le chien” (similar to canned American dog food). Hache, cooked to destroy parasites, and mixed with broken rice and table scraps is nutritious and reasonably thrifty.

Tumbu fly larvae often infest animals that lie on bare ground, and can infest humans, too. Check for quick-growing boil-like swellings. To treat, smear boil with antiseptic cream, Vaseline, or Betadine solution and wait a few minutes for larva to emerge for air. Squeeze at base of the boil: larva will pop out. Tweezers or forceps are used to insure complete removal. There is a shot available for pets that have serious problems with tumbu flies. Fleas and ticks are a problem here as elsewhere. Use spray or powder regularly.

VETERINARIANS

Dr. Moudanadou Diaw – 638 29 89

Dr. Diaw speaks English. He makes house calls and is affiliated with the Clinique Veterinaire de Hann. He is popular with the American Community.

Dr. Anna Diop – 832 56 71

10, Route du Front de Terre, Clinique Veterinaire in Hann.

Dr. Aly Cissé – 645 28 89

Recommended for emergency house calls. Speaks French.

University of Dakar Veterinary Clinic

Avenue Cheikh Anta Diop, going toward Dakar take right after main entrance
Recommended should your pet require an operation.

Dr. Senou, Animal Pharmacy and Clinic

Dr. Armand F. Senou – 824 38 68 / 638 63 20

Route de Ouakam, Immeuble Rose (Fenetre Memoz)
Good supply of medicine and products.

Dog Shelter- 632 57 03

Madame Gemmei operates a shelter for dogs. The shelter is located near the Lac Rose area. If you come across a dog that is suffering from a variety of problems: wounded from abuse, starving, abandoned, or sick, Ms Gemmei will come to Dakar and pick up street dogs for a fee.

PRACTICAL INFORMATION FOR LIVING IN DAKAR

CLO Office Hours

Monday - Friday

9:00-5:00.

Telephone number: 823 42 96 ext. 2601 & 2602

Senegalese Names - People with first names such as Georgette, Odette, George, Pierre and Elizabeth are usually Catholic. "Di" is pronounced "j" in these typical last names: Badiane, Dia, Diagne, Diallo, Diaw, Dieng, Diop, Diouf. "Th" is pronounced "ch" in the following names: Bathily, Thiam, Thioune, Mathiam. In last names beginning with N, the "N" is pronounced "en" - NDao, NDaw, NDiaye. Some FSN's are called by their first names, some by their last, which, in addition to being confusing, makes it difficult to find them in the phone book!

Bargaining is necessary when shopping at outdoor markets. Vendors usually won't bargain on staple items such as sugar, flour, rice, etc. Vegetable & fruit prices vary according to availability and most vendors will lower the price a little if you're not willing to pay the first price asked.

When shopping for arts and crafts, bargain like crazy. Decide what the item is worth to you and whether you're in the mood to spend time bargaining before you ask the price. A lot of people dislike bargaining, but it can actually be fun if you talk and joke with the vendors and aren't in a big hurry. There is a point at which a vendor will go no lower and become insulted if you persist. There are two price brackets: one for Senegalese and one for "toubabs" (foreigners). Many vendors feel justified in asking for more from foreigners. If the effort to get beneath the toubab price is taken too seriously, a lot of time and frustration may be wasted over a few francs. Prices may vary from day to day depending on the vendor's mood, your approach, or whether a major holiday is approaching. One rule of thumb is to offer about 1/3 and settle at roughly half of the original asking price.

Taxi Rates: Newcomers often have problems with taxi drivers and the rates they are asked to pay. To help assure that you are not "taken for a ride," the following list will give you an idea of a "fair" rate:

Airport to Downtown (Embassy)	2,500 cfa
Les Almadies area to Downtown	2,500 cfa
Les Almadies area to American Club	1,000 cfa
American Club to Downtown	1,000 cfa
Downtown Hotels to Embassy	500 cfa

Some people prefer to use the "meter" rather than to bargain. Sometimes this is easier, but be aware that some of the meters do not work properly and you may pay more than you had anticipated. Also, be sure that the meter works before you get in the taxi. All meters start at 100 CFA and increase based on mileage.

SENEGALESE CULTURE

The following guidelines will help you during your stay in Senegal. While there are always cultural gray areas, the Senegalese are accustomed to visitors and are very accepting of cultural faux pas.

GREETINGS

Greetings in Senegal are extremely important. Take the time to greet people before any transaction. It is considered extremely impolite to begin talking without first exchanging pleasant conversation about family and friends.

Greet everyone in the group, not just the person you know or need to talk to. Ask about their family and mention any family members that you know by name.

CONVERSATION

- Always address others with respect. Never call someone by saying “hey.”
- Avoid a direct “No,” if possible, and avoid saying, “That’s not true.” Never imply that someone is lying.
- When talking to elders, avoid eye contact. Lower your eyes if you wish to show respect.
- Unless you have a very good relationship with someone, don’t ask personal questions or make statements regarding their family. Simple questions like “How many children do you have?” or “Boy, what a big baby!” are considered rude and should be avoided.
- Never pay special attention or stare at a pregnant woman. You should never ask a pregnant woman, “When is the baby due?” as this is considered to bring bad luck to the mother and child.

RELIGION

Senegal is a predominately Muslim country. You will often see men in prayer, as Islam requires that prayers be said five times a day.

- Never walk in front of someone who is praying or interrupt him or her.
- Never touch a person’s gris-gris. (This is a small leather pouch that is often worn on the arm or around the waist. It contains written pages from the Koran and is meant to protect the bearer). They are considered to be very private and are never shared.

MISCELLANEOUS:

- Use only the right hand when contacting other people, handing something to someone or when shaking hands.
- Avoid pointing at people or counting people by pointing.

- Never look at other people when they are eating.
- Never take a person's picture without first asking their permission.

CLOTHING:

Senegalese men and women dress very modestly, but they are more liberal than in other Muslim countries with regard to attire. Due to the international flavor of Dakar and its many tourists, you can see everything from the latest Parisian fashions to traditional African clothing in and around the city. However, anyone visiting a traditional village should observe more traditional mores and dress conservatively.

Men and women alike should think twice before wearing shorts of any kind in town. Traditionally, only children wear shorts and it would be unseemly for a Senegalese gentleman to wear shorts in public unless he is participating in sporting events. Young women, who are only now beginning to exercise in public, tend to wear long pants when jogging. Wearing Bermuda style shorts is acceptable, particularly in the residential suburbs.

Casual pants and shirts for men and slacks and skirts (knee length) for women are quite acceptable. Remember that it is hot and dry for most of the year, so be sure to wear something light weight (preferably cotton) and don't forget a hat and sunglasses. Much of Dakar is sandy and the streets and walkways down town are often dirty. While many people wear sandals, you might prefer a closed shoe if planning a long day of hiking or shopping.

Size Conversions – The following conversions are based on a chart obtained by the CLO.

Ladies Size Conversions:

One easy and usually accurate way to convert ladies shoe sizes is to add 32 to the US shoe size (example, ladies size 9 would convert to a size 41). Women's dress sizes can be converted by adding 30 to the US size (example: ladies size 8 would convert to ladies 38). Ladies sweaters can be converted by adding 6 to your US size (example: ladies 32 would convert to ladies 38).

Men's Conversions:

SUITS		SHIRTS		SHOES	
US	French	US	French	US	French
34	34	14	36	8	41
35	36	14 ½	37	8 ½	42
36	38	15	38	9 ½	44
37	40	15 ½	39	10	45
38	42	16	40	10 ½	46
39	44	16 ½	41	11	47
40	46	17	42	11 ½	48
42	48			12	49

COMMUNICATIONS

WEB & INTERNET SITES

News stories in English on Senegal

- <http://allafrica.com/senegal/>
- <http://www.senegalpost.com/>

These links will take you to Senegal's local newspapers online

- <http://www.lesoleil.sn/>
- <http://www.sudonline.sn/Rubriques%20infos/Cadreunejournal.htm>
- <http://www.walf.sn/>

These two sites have news on Senegal in French:

- <http://www.aps.sn/>
- <http://www.sentoo.sn/>

A good place to find stories on Senegal

- <http://news.bbc.co.uk/hi/english/world/africa/default.stm>

Tourism Information and Things to See and do in Senegal

- <http://www.senegal-tourism.com/>
- <http://www.ausenegal.com> - This site has ideas for things to see and do, addresses and telephone numbers for hotels, restaurants and galleries.
- <http://www.lonelyplanet.com/destinations/africa/senegal/>
- <http://dakar.fr>

The CLO office has a computer that can be used to browse the Internet or to check your Internet e-mail if you have Hotmail, Netscape, AOL, or other internet-accessible e-mail accounts.

RADIO STATIONS

Dakar residents have access to a rich variety of FM radio programming.

The RTS (Radiodiffusion Television du Senegal) is the national radio and TV network.

Since 1992, liberalization has allowed more stations to broadcast and now there are at least ten on FM. Radio broadcasts take place in Wolof, Diola and Dula but French is the official language and most used language. The British Broadcasting Corporation (BBC) transmits both French and English and is joined by Radio France International (RFI) and Africa Numero Uno as excellent sources of international news and feature. Radio Nostalgie provides a variety of pop and some classical music throughout the day and evening hours.

Radio Sud FM and Radio Duniyaa are privately owned stations that employ “magazine” formats: a mixture of news, entertainment and features about Senegalese politics and culture. Radio Senegal employs a similar format to reach a national audience with news roundups on the hour, generally in French.

Le Soleil and Walf Fad Jiri, local daily newspapers carry radio-programming schedules. To sample the variety available, set your FM dial to these frequencies:

88.9FM	Radio Duniyaa
90.3FM	Radio Nostalgie
92FM	Radio France International
92.5 FM	Chaine Inter
94.5 FM	Dakar FM
95.7FM	Chaine Nationale
98.5FM	Sud FM
102FM	Africa No.1
105.6FM	BBC

TELEVISION & SATELLITE TV

Without a satellite dish, you can pick up only the RTS (Radiodiffusion television du Senegal), the official Senegalese channel. Broadcasts are a mixture of current affairs, cultural and sporting programs and occasional films from 6:15 to 11:15pm daily.

EXCOF

Usine Parc, off of Bourguiba on the right as you go toward Hann.

EXCOF offers a selection of international channels, including CNN, BBC World, CANAL+, Planete (documentaries), Arab-speaking sports and news channels, an Indian channel and more. You need to buy a decoder and antenna and then there is a monthly charge for channels.

DS TV (English Channels)

Contact: Frank Maubert – 827 07 35/ 644 11 23

CNN, BBC, National Geographic, Discovery, Cartoon Network, sports coverage, movies, sitcoms, MTV and more. DS TV offers more than thirty channels in English. There is a charge for the small dish, decoder and a monthly fee.

NEWSPAPERS

The following Senegalese newspapers are issued daily in French and are readily available from street vendors, shops, and bookstores.

Le Soliel (cost 200cfa)	The Le Soleil is the “semi-independent paper of record” The government appoints the General Director.
Walfadjri (cost 200cfa)	Privately owned independent.
Sud (cost 200cfa)	Privately owned independent.

BOOK SHOPS

Librairie Clairafrique – 822 21 69

Located at Rue Sandinieri, just off the Place de L'Indépendance Large selections of books. A few English books for children and adults. The store also stocks school and office supplies.

Librairie aux 4 Vents – 822 13 46

Located at 55, Rue Felix Faure

A fabulous selection of (mostly) French, art books and press. A few titles are available in English. This store has a terrific kid's section as well.

Chez Alpha Books – 642 63 83 chezalphabks@yahoo.com

This bookstore is devoted to multicultural adult and children's books in English. The store is located in Mamelles, Cites Des Magistrates #23. Hours: Tues, Wed, Thurs, Fri, Sat 10-1pm / 3 pm-7 pm.

PLACES OF WORSHIP

Over 90 percent of Senegal's population is Moslem. Islam is a very important and highly visible part of everyday life here. You will hear the call to prayer five times daily, and you will see people praying alone or in-groups. You will notice groups of children learning to recite the Koran. The practice of almsgiving, while required of all Moslems, is not, of course, a requirement for non-Moslems. Donations of small change to beggars are appreciated. Holidays, especially Tabaski, are times when gifts are appropriate.

The Cathedral – 821 43 64

Boulevard de La Republique (Dakar- Plateau)

Mass is celebrated

in French at 7:00pm on Saturday evenings and 7:30, 9:00, 10:30am on Sunday mornings.

International Baptist Church – 824 07 50

Off Bourguiba, SICAP Liberte 11

English services are held at 9:00am and 11:00am.

Sunday school offered to all ages at 10:00am

Eglise Fraternite St. Dominique – 824 91 03

Route de Ouakam, across from the university.

Mass in French at 10:30am.

St Joseph of Medina

Route de Ouakam (near Hyper Score)

Saturday evening services begin at 7:00pm. Sunday morning masses are at 7:00, 9:30, and 11:00am. A 6:30pm Sunday evening mass is also celebrated.

Chapelle de Cours Sainte Marie**Routes des Maristes (Hann)**

Saturday evening mass at 6:30pm. Sunday morning mass at 11:00am

Contact Father Francois at: 832 20 80.

Jehovah's Witnesses Center**Rue 3, (Point E)****Baha'i Center – 824 23 59**

The center is open on Sundays. For more information call Mrs. Fatimata Ba at 825 75 03 on Monday through Friday.

Judaic

There are no synagogues or temples in Dakar. The Israeli Embassy occasionally celebrates Jewish holidays. They usually host a Passover Sedar. You may register with The Israeli Embassy by calling 823 79 65.

Monastère de Keur Moussa

The mass is sung combining African musical instruments and Gregorian chanting. Sunday mass starts at 10:00am. See listing under "Attractions" for directions.

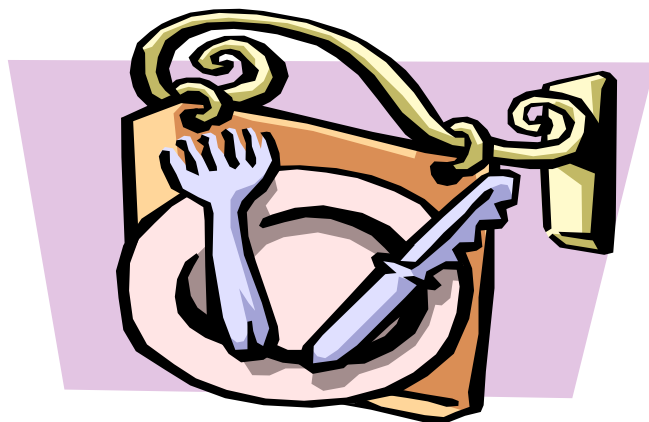
Islamic

As this is a predominantly Muslim country, many mosques are located all over Dakar and around Senegal. **Touba** is the sacred focus of the Mouride Islamic brotherhood, and their founder Amadou Bamba is buried in the giant Mosque. It is one of the largest Mosque in West Africa and the most beautiful in Senegal and worth a visit. Visitors to Touba should remember, however, that the Brotherhood itself established and enforces the norms of social behavior within the town. You should not use or be seen with alcoholic beverages or cigarettes. Women should dress modestly and not in pants. Bring along a scarf to cover your head. The mosque may be visited during the day except at the hours of prayer- just remember to respect the local customs.

Grande Mosquée**Avenue El Hadj Malik Sy****Ouakam**

On the coast, near Préférence Rotin, set down a hill on the sea.

RESTAURANTS



Restaurants in Dakar are inexpensive compared to restaurants in the US, and the food is usually good. The style and prices reflect the quality of the establishment with most of the new restaurants leaning towards a more modern contemporary ambiance. In some restaurants you might easily find African, French, Lebanese and Vietnamese food on the same menu.

Reservations are seldom necessary except as noted. The more upscale restaurants are rarely open for dinner before 7:30 p.m. with prime time dining beginning at 8 p.m. or later.

Some Notes About Senegalese Food

Senegalese food is rather spicy by American standards. The milder dishes are often accompanied by "sauce piment" (hot pepper sauce). Rice is almost always part of the noon meal. Couscous, made of millet with a sauce, is frequently served for the evening meal. Some of the best-known dishes are:

CEEBU JEN (pronounced chebu jen) - rice and fish, often served with a variety of vegetables, piment and tomato sauces.

POULET YASSA - Chicken and onions are marinated in limejuice, then grilled on charcoal and cooked in a sauce, and served over rice.

MAFE - meat, usually beef or goat, cooked in a peanut sauce and served with rice.

Restaurants in Dakar

Ali Baba 23 Rue George Pompidou Chawarmas, Middle Eastern & International fast food.	822 52 97
Angkor Rue Dagorne Vietnamese.	820 02 10
GUY'GI 17, rue Jules Ferry	822 12 92
Big Five 24 Rue Victor Hugo Grill/Continental.	822 08 17
Casa Creole El Haji Djily, near the main post office Live music on weekend nights.	823 40 81
Chez Loutcha 101 Rue Moussé Diop Inexpensive and informal. Senegalese and Cape Verdian cuisine Great for lunch.	821 03 02
Casino Du Port 19 Boulevard de la Libération x Fadiga Restaurant & Casino. Opens daily from 11:30 to 3:00am. Lunch & Dinner.	849 06 49
Farid 51 Rue Vincennes. Lebanese specialties. Moderate.	823 61 23
Korea House Near the Hotel Sofitel Teranga 18 Rue Carnot X Beranger Ferraud Korean specialties. Good grilled meats. Moderate.	822 64 15
La Galette Pompidou & Dr. Theze. Pastries, delicious breads & pizza.	821 33 40

Les Grilladins 4, Rue A Karim Bourgi X Rue Malenfant, near Hotel de Ville Grill – Brasserie - Restaurant – Pizzeria.	821 38 39
L'Ozio 21 Rue Victor Hugo Good French food. Excellent salads Reservations for dinner are recommended Open seven days per week. This place is also a good bar after the dinner hours are over. Relaxed & Chic.	823 87 87
Le Bambou 19 Rue Victor Hugo French and Continental specialties, pleasant ambiance, expensive Open daily. Lunch is not served Saturdays or Sundays.	822 06 45
Café Rome Boulevard de la Republique Italian Cuisine, great pasta. Moderate.	823 26 10
Le Dagorne Rue Dagorne behind Marche Kermel French menu but also serving a few Senegalese and Cape Verdian dishes. Pleasant courtyard dining. Moderately expensive. Closed Mondays.	822 20 80
Le Dragon D' Or 35 Rue Jules Ferry Vietnamese. Good for lunch.	821 66 76
La Fourchette 4 Rue Parent, near Kermel Market Offers the unexpected and unusual combination of French and Tex Mex food. They serve great burritos and tacos and are open every day except Tuesdays for lunch and dinner.	821 88 87
LGM Avenue Georges Pompidou. Ice cream, pizza & more.	822 00 01
La Gondole Avenue Georges Pompidou near Cinema Le Plaza Delicious Ice Cream, Divine Milk Shakes, Pizza.	821 88 58
Le Lagon 1 Route de la Corniche East. French food with a few Senegalese dishes and plenty of seafood choices. On pier over the sea. One of the more expensive restaurants. Located on the water.	821 53 22

Le Lagon 2 Route de la Corniche Seaside dining	823 74 42
Le Montelimar 45 Rue Carnot. Classic reliable French food. Nice air-conditioned space. Closed on Tuesdays.	822 06 07
Le Niani Beach Route de la Petite Corniche East Continental. Expensive.	822 60 71
La Palmeraie 20 Ave. Georges Pompidou, 1 block up from Place d'Independence. Great for lunch, breakfast and brunch. Crepes, omelets, sandwiches, salads. Inexpensive.	821 15 94
Le Plaza 71 Rue Raffenel near Avenue Pompidou. Excellent Italian cuisine as well as old French standbys, moderately expensive. Closed Mondays	822 27 68
Le Ponty 13 Ave. Georges Pompidou. Indoor and outdoor seating. Fast food and a variety of French & Senegalese dishes. Daily specials. Moderate.	822 43 66
Le Sarraut 14 Ave. Albert Sarraut, near BCAO building and the Score. Continental. Moderate. Menu is full of delicious French cuisine, which makes good use of the local ingredients (fish, meat & vegetables). Nice for a romantic dinner. Good wines. Open on holidays for dinner, closed on Sundays.	822 55 23
Le Toukoleur 122 Rue Mousse Diop. Daily specials and a creative cuisine. French food with an international flair including Asian, Italian and Middle Eastern flavors. Moderate. Reservations recommended.	821 51 93
Mezzo 26 Rue Jules Ferry. Located in alleyway so look for ice-cream sign out front. Gourmet salad plates, delicious desserts and "real" ice cream. Take out available.	822 58 88
Restaurant Arirang 137 Rue Carnot Japanese: Sushi* Sashimi* Tempura Vegetarian Menu available.	842 00 58

Restaurants Outside Dakar

Corniche Ouest Area

Chez Mimi Fann Residence near the EMR. Closed Tuesdays. Inexpensive. Casual Italian food and grilled foods. Great place to take kids, a laid back environment.	824 86 31
Le Terrou Bi On the Corniche near the Supreme Court. Expensive. Good for anniversary or special occasions. Dakar's finest. It has two restaurants. The menu upstairs is creative cuisine with beautiful plate presentation, outstanding service and attention to detail. The restaurant downstairs is casual with a set menu. The Casino is open nightly.	822 42 47 822 06 99
La Noix d'OR Villa no.32 Rue Aime Cesaire XE, Fann Residence Great Chinese Food.	864 36 12

Pointe E & Rue De Ouakam

Arc En Ciel Rue de Ouakam, Fenêtre Mermoz Pizza, Hamburgers. Take out service available. Inexpensive.	825 89 23
Capriccio Av. Cheikh Anta Diop (Route de Ouakam) in front of the Fann Post Office. Italian food. Moderate.	824 59 12
La Pirogue Off Bourguiba Mini Resto Maquis, past the Ecole de Police. African menu with lots of grilled items.	824 50 29
LGM Pointe E. Pizza & ice cream. Has a nice playground for children.	825 80 10
Le Nosy Be Km 2,5 Av. Cheikh Anta Diop. Malagasy specialties. Moderate.	824 28 36
Le Regal Rue de Ouakam, Fenetre Mermoz. Pizza, pastries, takeout & delivery available.	824 40 24

Le Jardin Thalandaïs Boulevard Sud (Point E)	825 5833
Mahi Mahi Located on Rue de Ouakam just before turnoff to the lighthouse. Caribbean food. Nice terrace seating. Moderate.	820 74 07
Mini Resto Maquis Villa # 4226, Amitié 3, Sicap Cameroonian specialties.	825 55 73

Les Almadies & N'gor

Auberge de N'gor Route de Ngor, on right just after you pass the Shell station. Moderate.	820 03 40
Cote Sud Route de Ngor X Route des Almadies. Closed Mondays. Good selection of salads home made pastas, meat, fish dishes and pizzas.	820 45 51
La Table du Mareyeur ex Keur Babou Point des Almadies. Open daily. Selection of bouillabaisse, langouste, crabe farci, Poisson entire et filet & crevette.	820 19 42
Le Recif At Almadies beach- right on the ocean. Vietnamese cuisine. Open around noon. Closed on Wednesdays.	820 11 60
La Brazzerade N'gor. Next to launch area to N'gor Island. Seafood and meat specialties. Wood fired grill. Moderate.	820 03 64
La Pointe Des Almadies This busy place is the first in the row of restaurants opposite the beach. Vietnamese and continental cuisine. Pool. Closed Mondays.	820 01 40
Le Dionevar Point des Almadies French food with lots of grilled items. Closed Thursdays. Takes American Express. Moderate.	820 02 10
Le Virage Montero Route de N'gor on the left as you head towards airport. Nice ocean view.	820 06 57
Out of Rosenheim German Restaurant & Café. Patisserie / Epicerie. Route de N'gor	659 00 14
Sao Brazil Route de N'gor. . Nice playground for children. Pizza. Inexpensive.	820 09 41

Goree Island & Lac Rose

Hostellerie Du Chevalier Des Boufflers This well-known restaurant was named after the first French Governor of Senegal. French restaurant located near the pier.	822 53 64
Bonaba Café Lac Rose, Rufisque	638 75 38
Campement Du Lac Rose	638 10 19

A note from CLO: If your favorite restaurant does not appear on this list please e-mail information to BaoCJ@state.gov and we will add it. Discover a new restaurant lately? Why not do reviews for our newsletter, the La Palabre?

NIGHT CLUBS, BARS, CASINOS & CYBER CAFÉS

Dakar offers a variety of options for nightclubs and discos. They vary greatly in price, clientele, and atmosphere. Everything starts late! 10:00pm and stay open until the wee hours of the morning. See the [Le Soleil Newspaper](#) or visit the web site www.ausenegal.com for more current information.

Night Clubs

Dolce Vita Boulevard de la Republique Commercial Sahm	823 26 10
Keur Samba 13 Jules Ferry Quiet place to sit and have drink. Bar & Jazz music.	
King's Club 32 Rue Victor Hugo Caters to a young crowd (20-30). Music, dancing & bar.	
Mandingo Sofitel Teranga	823 10 44
Sahel Centre Commercial Sahm	821 21 18
Thioassane Sicap Rue 10 This is Youssou N'Dour's club. He plays on the weekends but not before midnight!	824 60 46

Bars

Bar De La Poste 2 Rue Dagorne	821 78 83
Blue Moon 11 Rue Victor Hugo Mixed clientele, everyone comes here. This place is unique and worth a visit. Opens early around 7:30pm and has clean toilets. Check out the photo album of prior Miss blue Moon contests.	821 78 83
Café De Rome Blvd De La Republique	823 26 10
Café Des Arts 51 Rue Mousse Diop Live music and a nice atmosphere.	823 97 17
Chez Iba 30 meters from College Saldia in front of Pharmacy Sacre Coeur 111 Live Senegalese Salsa. Atmosphere is warm and the music hot.	824 56 66
Chez Claudette Rue de Thiong Special events on Saturday nights with door prizes.	822 13 96
Grenelle 38 Rue Amadou Assane Ndoeye Bar, Café & Hotel. Lots of special events.	821 55 70
Iguana Café 26 Jules Ferry A bar with Latin music and ambiance.	822 65 53
Le Snooker Palace 44, Rue Wagane Diouf, Dakar	822 94 87
Le Plato Jazz Club 22 Rue Felix Faure	821 31 31
Le Soumbe Village Artisanal – Soumbédioune – A marvelous place to hear live Senegalese Salsa. The place comes alive after mid night with an African Salsa Band. .	822 37 29
Ozio Bar 21 Rue Victor Hugo This is a good bar after the dinner hours are over. Relaxed & Chic.	823 87 87
JUST 4U Av. Cheikh Anta Diop (in front of the university)	824 32 50

Casinos

Casino De Cap Vert Route de N'gor Expensive casino and nightclub that offers slot machines blackjack tables and roulette. There is a disco too.	820 09 74
Casino Du Terrou-Bi Route de la Corniche Ouest This casino has lots of slot machines and is very popular on the weekends. Blackjack tables and roulette.	839 90 39
Casino Café De Rome Blvd. De La Republique. There is a disco in the basement under the Casino. Cover charge.	823 26 10
Casino Du Port Blvd De La Liberation & Abdoulaye Fadiga.	849 06 49

Cyber cafés

Cyber Orange In front of Hotel Nina – 42, rue du Docteur Theze	842 23 10
Cyber Café Ice 78/80 Avenues Georges Pompidou	821 85 21
Cyber Café Wait Rue du Docteur Theze	823 51 09
Cyber PCS Avenue Fadiga	822 14 90
Cyber World Voyages 45 Avenue Georges Pompidou	823 75 77
Metissacana 30 Rue Thiong	822 20 43
Le Ponty 13 Avenue Georges Pompidou	822 43 66

GALLERIES & MUSEUMS & CULTURAL CENTERS-

For current listing and previews of expositions and shows please visit the website for culture: www.ausenegal.com/ciclo

Galleries

Antenna 9 Rue Felix Faure Authentic old pieces of African art to good quality copies of objects from all over Africa. Visa is accepted and they ship anywhere in the world.	822 17 51
ASV – Alamdies Salle des Ventes Les Almadies - Good collection of African art and furniture. All the items are tagged and the owner, Mimi, speaks English. She is very knowledgeable and extremely helpful.	820 47 25
Arabesque Le Virage, Yoff	682 59 96
Galerie Atiss Avenue Albert Sarraut Selection of furniture & Contemporary African art.	823 18 77
Galerie Arte 5 Rue Victor Hugo Selection of furniture, art objects & paintings. Credit cards accepted.	823 95 56
Ceramique Almadies Located on the route to the Meridien Presidente hotel, just after the politician Djibo Ka's home. African inspired vases, plates, bowls and other sculptural pieces.	820-0338
Café Des Arts 61 Rue Mousse Diop.	823 97 17
Galerie Cadjona This hole in the wall shop is full of treasures. Nice place to spend some time looking without getting hassled. Visa and MasterCard are accepted. 16 Rue Paul Huart X Albert Sarraut	823 97 03
Eberis Studio Rue Aristide Le Dantec Selection of contemporary African furniture & designs. Sculptures.	823 69 90
Espace Agora Point E. Rue D, off Route de Ouakam near the Olympique swimming pool. Moroccan artifacts & Contemporary African Art & furniture.	864 14 48
Galerie Des Artistes Reunis Point E Close Mondays & Sundays Exhibiting local artists.	825 74 99

Galerie Nationale d'Art Contemporain 19 Avenue Albert Sarraut This gallery exhibits the works of contemporary Senegalese artist.	821 25 11
Kemboury Rue du Canal, Point E Villa #2 An exhibit of elegantly framed paintings from mainly Senegalese artists. The gallery offers artifacts, stone carving and jewelry.	825 48 43
Nyala 24 Rue Victor Hugo	823 85 26
Aada Africa Antiques, B13 Mamelles Aviation Antique art and furniture from throughout West Africa, Aada Africa has decorative pieces as well as many items for serious collectors. They also sell old beads and fine Tuareg jewelry made by local craftsman Hanjar Alibeka. Visa and Mastercard are accepted (English speaking).	557-85-87
Raphia 121 Rue Carnot	821 34 45
Village des Arts Rte. De L'Aéroport Many contemporary Senegalese artists have their workshops/galleries here. Expositions, Installations, Workshops.	633 66 19
Du Sahel 108 Rue Mousse Diop	822 09 95
Wewe Rue Marguerite Trichot X Jules Ferry African Art and artifacts.	823 13 99

Museums

Musee de Art Africain "IFAN" (Institute Fondamental d'Afrique Noir) 1 Place de Soweto Lively, imaginative displays show masks and traditional dress from the whole region (including Mali, Nigeria, Guinea-Bissau and Benin), and provide an excellent overview of styles. You can also see some beautiful fabrics and carvings, drums, musical instruments and agricultural tools.	825 00 90
Musee Historique Goree Island See information on Goree Island	
Boribana Musee Rte de Ngor – Across from the Shell Service Gas Station. Contemporary Senegalese art and art created by people of the Diaspora.	820 41 15

Cultural Centers

American Cultural Center – 821 16 34

Avenue Leopold Sedar Senghor (Dakar-Plateau)

The British Council – 822 20 15, 822 20 48

34-36, Boulevard de la Republique (Dakar-Plateau)

Center Culturel Allemand, Goethe Institut – 823 04 70

2, Avenue Albert Sarraut (Dakar-Plateau)

Centre Culturel Blaise Senghor – 824 66 00

Boulevard Dial Diop

French Cultural Center – 823 03 20

39, Rue Joseph T. Gomis. (Dakar-Plateau)

HOTELS/RESORTS

Most hotels give special rates to U.S. government personnel when reservations are made through the Mission. Hotel rates vary according to season. To view all the hotels in Senegal please take a look at www.ausenegal.com. Click on Herbergement, look at the map of the coast and plan your itinerary. For more information on hotels and campements contact Senegal Tours ext. 2219 or 2335 at the Embassy.

DAKAR REGION:

Hotel Al Afifa – 889. 90. 90 46, Rue Jules Ferry
Hotel Croix de Sud – 823. 29. 47 20, Avenue Albert Sarraut
Hotel Farid – 821. 61. 27 51, Rue Vincens. Rooms are clean, air-conditioned and inexpensive. Restaurant.
Hotel Independence - 823.10.19/823.10 50 Place de l'Indépendance. Pool on the roof, TV & Restaurant.
Hotel Lagon II- 889. 25. 25 Route de la Corniche Est. Excellent sea view. Restaurant, piano bar, private beach& fitness center.
Hotel Miramar – 849. 29. 29 Rue Felix Faure.
Hotel Novotel – 849. 61. 61 Avenue Abdoulaye Fadiga Restaurant and pool.

Sofitel Teranga – 823.10.44 Place de L'Independance
Le Savana - 849. 42.42 Petite Corniche, Pointe Bernard. Restaurant, tennis, other amenities including an Olympic sized attractive pool.
N'GOR & LES ALMADIES:
Hotel Meridien President – 869.69.69 Pointe des Almadies Restaurants, Bars, Shops, Swimming Pool, Golf, Tennis. The Massinissa Club (gym) offers Embassy personnel a special rate of 20,000CFA per month membership.
The Diarama – 823.10.05 Route de N'gor. Restaurants, bars, shops, swimming and other amenities.
Club Med. - 820.38.42/820.09.51 Point des Almadies. Restaurants, bars, shops, swimming, archery and other amenities.

OUTSIDE DAKAR: MBOUR & SALLY & ST-LOUIS **Mbour**

Club Baobab – 857.74.02/857.74.06 85km out of Dakar Small cottages on the beach; nice big swimming pool.
Club Aldiana – 957-15.49/957.10.84/Fax:957.15.66 93 km from Dakar. Luxury hotel catering to charter groups, mostly from Germany. Pool, sailing, horseback riding, five bars, two restaurants.
Le Domaine de Nianing – 957 10.85/Fax 957.15.05 Email:domainenianing@arc.sn 93 km from Dakar. French run camp including tennis, swimming pool, and volleyball. Restaurant and cabins. Very good buffet for Sunday lunch. Reservations: Tel. 957.11.20.
Laguna Beach Club – 957.88.11/Fax: 957.88.12 : Email: laguna@sentoo.sn Restaurant, Swimming pool.
Le Pelican – 949. 93. 20. Located approximately 115 km from Dakar on the Saloum River at N'Dangane. Bar, restaurant, pool, tennis, wind surfing, fishing and pirogue excursions.
G.I.E. Auberge Des Coquillages – 957.16.76/Fax: 957.14.28 Nianing, Mbour.
Hotel Neptune - 957.23.20/Fax 957.23.21:Email: neputne@sentoo.sn Beach Resort, pool, restaurant, air-conditioned, comfortable accommodations.

Lodge Des Collines De Niassam, Palmarain Ngallou, Sine-Saloum.
Telephone: 669.63.43. E-mail niassam@hotmail.com - Internet: www.niassam.com – A delightful & unique place to visit. Accommodations in the air (Baobab tree), on land and on the water (Rondovels on the delta).

Saly

Hotel Royam-957.20.70/957.20.71* Fax: 957.20.72 Beach Resort, Rondovel type accommodations, nice swimming pool
Palm Beach –957.11.37 Large new resort hotel near Saly Portugal, approximately 75 km from Dakar. Beautiful big pool, good Sunday lunch buffet. Special weekend and off - season rates.
Savana Koumba- 957 11.12/ 957.11.13 Beach Resort, Tennis Courts, swimming pool, moderate.
Hotel Village Club des Filaos – 957 ` 80 Ocean - side dining, nice air-conditioned rooms centrally located.

St Louis & Djoud

Hotel De La Poste- 961. 11.18. Fax: 961.23.13 Place de Lille Centrally Located, view of the river. Rooms are modest and clean with air conditioning.
Hotel Cap Saint Louis – 961. 39.39. Fax: 961. 39. 09 Langue de Barbarie On the beach, swimming pool, bar and restaurant.
Hotel Diamarek- 961.55.04. Fax: 961.55.04 Route de L'Hydrobase
Hotel Dior – Camping De l'Ocean- 961. 31.18. Fax: 961 57.84 Route de L'hydrobase
Hotel La Residence-961.12.60 Fax: 961 12.59 Rue Blaise Diagne Nice restaurant.
Hotel du Djoudj- 963.87.02. Fax: 963.87.03 (St Louis) 820 05. 40. Fax 820.11.80. (Dakar) Located in the park. Nice restaurant, comfortable rooms, pool.

Ziguinchor

Ziguinchor is the largest town in southern Senegal, and is the main access point for travel in the Cassamance region. Since 1995 the Ziguinchor area has suffered from political unrest and Americans have been warned about vacationing there. Before planning a trip, contact the RSO's office to determine if it is safe to visit. The Club Med is located at Cap Skirring and you can reach them via telephone: 993 51 35 or fax: 993 52 12.

SPORTS & SPORTS CLUBS

Along with its gentle, sunny climate for most of the year, Dakar offers several sports and recreational opportunities. It's recommended that you peruse the [www au senegal .com](http://www.au.senegal.com) site for up to date information.

- ◆ **Catamaran:** Trips can be arranged with Marie France at 638 93 88.
The cost of securing the Catamaran for a 6-hour period is about 400,000CFA and the Catamaran can accommodate up to 25 individuals. The catamaran, **Bagghera**, is also available for rental from the restaurant Le Niani-Beach at 822 60 71. She can accommodate a minimum of 10 persons and a maximum of 20.
- ◆ **Dancing: The Atelier De Danse Du Point E – 632 71 93** - offers classes in modern jazz, hip-hop, African dance & Yoga. Contact: Aissatou. The studio is located in Point E, Rue 1 X Rue D, near the Olympic swimming pool. **Patrick Nancy** - 649 18 60 gives Latin dance lessons at the Club Olympic.
- ◆ **Fishing:** Fishing in Dakar is rated excellent to superb by most of the enthusiastic fishermen in the American community. Although surf fishing is the most accessible, the most popular (and most productive) is trolling. Several local fishermen rent their pirogues on a half-day basis (you supply the gas).
Fishing is year round, starting in early January through March for sea trout (weakfish). During this same period, bottom fishing is good for varieties of grouper. Abundant catches are routine. As the water warms up, the offshore islands provide some fast and furious action as the white tuna (Bonita), ranging from three to five pounds, come in prior to spawning. The larger (12 or 15lbs.) tuna show up in early May and give the surf fishermen some action as they chase in the baitfish. Trolling with light tackle is more difficult at this time; the larger tuna have the tendency to cut through leader material up to 80-lb. Test. White tuna can be taken on every sort of lure, especially multi-colored, by trolling, and silver spoons by surfcasting. Offshore bill fishing starts picking up in late May to mid-June, first with Blue Marlin followed by the Atlantic Sailfish, through the end of November. Dakar holds several world line class records for sailfish. Blue Marlins tip the scales at 350 to 425 pounds with some breaking the 500-pound class. Excellent sail fishing brings up 55 to 90 pound beauties with an occasional 100 pounder. As the inshore waters start cooling in October and through December, out come the barracuda, king mackerel and kingfish, which are taken mostly near the islands and compare with the taste of the African barracuda.

Equipment is available locally at three times the stateside price (reels may be even more). Potential anglers should be well equipped for the type of fishing mentioned above or risk paying the high local prices.

Centre De Pêche Sportive 'Abaka' - 820 57 74Yoff

Atlantic-Evasion - 820 76 75

Plage de Ngor, Yoff

Le Lagon – 821 53 22 /823 60 31

Route de la Petite Corniche.

Contact Cyril Calendini

Deep sea fishing excursions.

Club de Peche Sportiff de Dakar – 822 38 58/638 25 49

Located next to the embarcadere de Goree.

Peche Passion Dakar –820 38 13

Yoff

- ♦ **Hunting:** Hunting enthusiasts from the Mission have had good luck bagging Phacocheres (warthogs) and a variety of birds, which require a Permis de Petite Chasse license. With a Permis de Grande Chasse license, you can also hunt a variety of small game and gazelles. A Permis Gibier D'eau is available for lions and buffalo, but first you've got to find them. The season runs from December through April, with duck hunting to mid-March only. Check regulations carefully. You can visit the Web site au.senegal.com under the heading "Chasse" for information. Obtaining a permit often takes several months, and must be done through the Security Officer at the Embassy for importing or purchasing firearms. See the post report for details on the importation of firearms and ammunition, both are strictly controlled and only certain types are allowed. Automatic guns cannot be imported.
- ♦ **Horseback Riding:** Several clubs offer instruction in English-style riding. Classes range from beginners to jumping to dressage. There are supervised trail rides and boarding of horses as well. The two most popular are Cercle de L'Etrier de Dakar and The Pony Club.
- ♦ **Jogging & Walking:** Miles of path along the Corniche (main road into town that hugs the coast), as well as quiet neighborhood streets and a challenging hill in Mamelles that leads to Dakar's lighthouse (and spectacular view of the peninsula). See information on Hash House Harriers.
- ♦ **Sailing Club:** Contact Alan Brauman at 849-3327 * 546 1152 or e-mail: AlanBrauman@ird.sn
- ♦ **Scuba Diving:** Many people at post are active in scuba diving. The Isles des Madeleine area and Goree Island are popular spots. There can, however, be strong currents and undertows in the entire region and divers are strongly advised to use the buddy system and always dive with another person. Tanks can be readily refilled and equipment can be rented in Dakar, but it is best to bring your own if you plan on diving more than just once or twice. For those who would like to take up scuba

diving during their time in Dakar, lessons are available (in French) through the local Scuba Diving operation, "L'Oceanium" –822 24 41. A "PADI" (Professional Association of Diving Instructors) course (in English) has also been taught several times by an Embassy Direct Hire who happens to be a Certified PADI Divemaster.

- ♦ **Softball:** The Dakar Softball League is in play from September through February, culminating in the huge “West African Invitational Softball Tournament” over Presidents weekend in February. The Dakar League consists of 8-12 teams from different missions and organizations. Most games are played on “Ebbetts Field,” a U.S. Embassy property located near the American Club. Ebbetts Field is also used for picnics, bonfires and campouts.
- ♦ **Squash: Cercle de l’Union – 821 41 69.** Located on the Petite Corniche. Membership fee is reasonable but there is a fairly long waiting list.
- ♦ **Yoga:** Institut International De Yoga, located at Immeuble Air France Avenue Avenue Andre Peytavin Bloc A Entre-Sol A, Telephone 822 02 10 / 654 78 82.

Sports Club

ECWRA – THE AMERICAN CLUB



Le Club Atlantique (American Club)
825 92 26*email: amclbakr@sentoo.sn

The American club, located in Fenetre Mermoz, next to the International School Of Dakar operates a swimming pool, children’s pool, Clubhouse with bar, a sun deck with a view of the ocean and a snack bar. It offers two lighted tennis courts, a multi-purpose court (basketball and tennis), a sand volleyball court and open playground. Located on the premises is a small grocery store that imports some American products and a Video Club. The Video Club (824 11 38) has more than 1,700 videocassettes NTSC standard and DVD’s in English available for rent.

ECWRA activities includes:

Tennis School - Private and group lessons are available for children and adults from November through June.

Basketball School - Group lessons for children are held from October through June.

Soccer School - Group lessons for children are held from November through May.

Fitness - Fitness, dance and aqua gym classes are available.

Swimming – Individual swim lessons are offered for all age groups.

The American Club Swim Team is active all year round.

Children’s Summer Camp - Held from mid-June through August on weekday mornings. Camp includes basketball, volleyball, soccer, tennis and swimming.

Special Events & Dances – Held periodically throughout the year.

Membership Fees:

The ECWRA membership year runs from July 1 to June 30.

Prorated fees accommodate late arrivals and early departures.

2002-2003 annual membership fees per adult range from \$200 to \$350, depending on diplomatic and/or official status. In addition, some applicants must pay a one-time initiation fee. For the full fee schedule, consult the ECWRA office.

Olympique Club – 825 21 98

Boulevard Martin Luther King, Route de la Corniche Ouest (Fann-Residence)

Fitness classes, tennis, basketball, massage, marshal arts, boxing, dance-classic and modern.

Heliopolis Fitness Club – 823 86 86

Rue Victor Hugo X Joseph Gomis (Dakar-Plateau)

Fitness training, sauna. Fitness classes- aerobic, step, slide, dance-classic and modern jazz, karate, boxing.

Sporting Club de Dakar – 821 36 73

28, Boulevard Franklin Roosevelt (Dakar-Plateau)

Tennis, basketball, soccer.

Pony Club De Hann – 832 06 52

Parc Forestier de Hann, Rue des Maristes prolongee.

For children only.

Cercle de l'Etrier – 832 52 63

Hann

Horseback riding & archery

Horses and ponies for lessons and riding

Cercle de la Voile de Dakar – 832 07 20

Hann Plage

Sailing Club. Many of the boats belong to people travelling around the world and who have anchored in Dakar for a few months. Nice atmosphere.

Golf Club de Dakar - 837 09 51

Camberene

Offers an 18-hole course. You can pay an annual fee or each time you play.

Golf at the Hotel Meridien Président – 869 69 69

Pointe des Almadies

Offers a 9-hole course in a nice setting with spectacular view of the Atlantic.

You may call to schedule a lesson. The club offers annual membership and a pay as you play policy.

Hash House Harriers

An international running group of joggers and walkers, of all ages, including children, beginners to experienced marathoners, who do weekly runs (“hashes”) and walks on Saturday evenings at 5pm. There is a nominal charge after the first run. Information on the weekly Hash is published in post newsletter, “La Palabre”.

Children’s Activities

Discovering Dakar with your children is an adventure in itself. Here are a few suggestions:

Train Rides from Soumbedioune – 638 23 67

Artisanal Village in Soumbedioune

Call Philip Rentel to arrange trips on the Petit Train from Artisanal Village.

This is an open train ride so be prepared for the fumes of the cars.

L’Atelier Theatre du Point E – 842 16 03 / 680 5079

Special programs for children.

Clown Troupe – 820 58 16

Entertainment for children. Clowns, Puppet shows, story telling, face paintings and balloons.

Sun Park

Located next to the Cathedral, Boulevard de la Republique

Amusement park for younger children with slides, swings, merry-go-round, and dodge’em cars and bumper cars.

Jackson Burger

Rue Victor Hugo

Great place to take young kids for hamburgers and French fries.

There are games and a small jungle gym.

LGM

Avenue de L’Est X Rue 4 (Point E)

Ice cream, milk shakes, crepes, and pizza.

Nice treat for kids.

Parc Forestier de Hann

Route du Front de Terre (Hann)

This national park is located off the Route to Rufisque about 3 miles from downtown.

Open daily from 10 am – 12 and 3pm –6:30pm, closed Mondays. The Zoo has a collection of birds and animals and can be a lot of fun for the children. Small entrance fee.

Horseback Riding Lessons

Very popular for young people. The Pony Club is recommended for children and it's best to bring all riding equipment to post.

Social Clubs

The Dakar Women's Group

An English-speaking group open to all women of all nationalities. It is both a social and a charitable organization. Monthly meetings are held during the day. The CLO can provide you with contact information.

C.A.E.D.A.S

The assistance committee of wives of diplomats accredited to Senegal. This club is open to all wives of members of the diplomatic community as well as some associate members from the private sector. The group meets during the day and has cultural and social activities.

Club Féminin

Club Féminin offers social and charitable activities for French speakers. Mostly consisting of French women. The club has monthly meetings and weekly special interest groups. They organize two very large craft fairs a year, which helps the group earn money for donations to charitable organizations. Contact the French Embassy for more information.

Asian Ladies Club

Asian women meet together for social and fundraising activities. CLO can provide you with contact information.

Shopping in Dakar

What to Buy and Where to Find It

Briefcases, Backpacks, Belts, Handbags, Wallets, Shoes

URPAC - 951 35 75

Fine handmade leather goods incorporating African Fabrics. URPAC- Seye & Freres. Grand Prize Winner: 1996 Senegal Artisan of the Year is located in the Thies Artisan Village, just one hour east of Dakar. Hours: Monday through Saturday 8:30am – 6:30pm. You may also place orders with them.

Caritas - 823 83 03

Contact: Victor Sagna

Km 2, Avenue Cheikh Anta Diop

Traditional African hand woven fabric. The prices are fixed and one buys by the meter. They also sell handbags, belts, wallets and tablecloths made from this beautiful fabric. If you don't see the color you would like, you may make an order.

Baskets

Marché Kermel has the best selection; however, you can find them displayed along the Corniche Ouest and Rue De Ouakam for sale. The brightly colored baskets are woven in Senegal and are interwoven with plastic strips. Thies is famous for these baskets. Best place to buy your basket is near the railroad station on the route to St. Louis.

Batik Art

Baobab Center for the best – The artist Assane Diange displays his work here. Good quality and a bit expensive. Shop at Marche Kermel or Village Artisanal for lower prices and quality.

El-Hadji Dione – 860 04 78

Artist Batik Creations

Ouakam – Route Americaine

Bogolan – 823 28 04*640 65 69

Soma Shop run by les freres Coulibaly is located at 38 Rue Grasland x Petersen
The selection of Bogolan is very good. Speaks some English.

Craftspeople

Art's Africa

Elaine Forgeur – 633 10 26, 823 08 23

Located Avenue Faidherbe & Boulangerie de Medina

Great selection of baskets, decorative items for the home to include tablemats photo albums and various objet de arts.

Bay Fall

Muriel Rochetin – 824 80 36, 683 66 42

7, Av Léo Frobénus (Fann Residence)

Designs made from pearls and African beads. Napkin holders, baskets, necklaces etc.

Veronique Janvier – 825 75 46

Point E – Find the Sonatel Building on Rue Ouakam. Proceed to the end of the street on which the Sonatel building is located and you'll find her shop.

Beautifully designed hand crafted plates and table accessories.

Signare – 823 14 32

17 Rue Jules Ferry

Sterling silver serve ware, place card holders, letter openers, beaded jewelry etc.

Suska Meyer – 842 12 89

39, Rue Félix Faure

Exquisite scarves, bed covers, pillowcases and tablecloths all made from hand woven fabric.

Diama Dione Boutique – 634 07 62 – Located in Fenetre Mermoz opposite the Score.

For a fine selection of quilted stuffed animals and bags, the Diama Dione Boutique is one of the best places in Dakar. The boutique also has a good selection of clothes for men, women and children and a great collection of quilted backpacks. Madame Dione will also turn into reality your own design ideas.

Les Soeurs du Bon Pasteur – 821 71 31

Km 2, Avenue Cheikh Anta Diop

Beautiful hand made cross – stitch embroidery decorated tablecloths, napkins, place mats, bread covers etc. Visit Tuesdays, Wednesdays and Thursdays.

Khady Ndour - 835 99 94

To support the shelter for young women in trouble, Ker Yaakaaru Jigeen Ni, you can purchase batik dresses, T-shirts, tablecloths, cushions and beaded necklaces.

Samba – 820 28 07

Route de VDN in front of Foire du Dakar

Quilted products using African fabrics.

Drum cases, clothes, wall hangings, duvets & bags.

Sokhna Diène- 649 69 55

Next to the Restaurant Les Maristes (Hann)

Handmade paper products from recycled papers with flowers, leaves or other natural product incorporated in the design. Paper bound books, scrapbooks, albums, note and specialty cards.

Children's Clothing

There are many good shops for baby gifts and children's clothing on Ave. Lamine Gueye between Avenue de la Republique and Avenue Pompidou.

Cajou- 821 96 98

Contact: Hèlen Diouf Sarr

30 Rue El Hadj Amadou Assande Ndoye

Clothing and accessories for boys and girls handmade from hand-woven Senegalese fabric. The designs are simply exquisite and classic. Helen, the owner also makes backpacks, dolls, puppets and stuffed animals in African fabrics.

Germey's Confection- 822 61 26

28, Rue El Hadj Amadou Assande Ndoye

Handsewn dresses and outfits for boys and girls constructed from African printed fabrics and tie-dye.

Kwala- 820 06 74, 644 30 49

Contact: Myspa Sylla Gueye /Rue du Meridien

Myspa works out of her home. She sews unique ensembles for babies, toddlers, girls and boys, layette for babies and many items to outfit a baby's room. She speaks English.

Wrangler Store – 823 79 05

28, Rue Galandou Diouf

For kids and adults. Jeans, trousers, t-shirts are all available here.

Women's & Men's Clothing

There are many small boutiques on Rue Lamine Gueye and off Rue de la Republique that carries women and men's clothing. It is best to simply walk around town and discover them for yourself. You may find imported ready to wear clothing as well as shops that carry locally designed and sewn pret-a-porter clothing.

Claire Kane – 822 96 34

90 Rue Mousse Diop

Women & Men clothing

This famous Senegalese designer uses hand-woven cloth made according to ancestral method by the Manjack artisans of Guinea Bissau. It's made of high quality cotton fibers and the irregularity of the fabric is the expression of the material called "Rabal". Claire Kane designs are unique and contemporary. Expensive and upscale.

My Fair Lady – 822 87 53

39 Rue Jules Ferry

This store has beautiful clothes and shoes. Here you can find all the latest fashions from Paris.

Francesca – 820 05 79

Route de Ngor (Mamelles)

Beautiful leather purses, bags, shoes, belts and wallets created in original designs.

Cristo – 822 87 53

39 Rue Jules Ferry

Designer Men's clothing for work and leisure.

Oliver – 821 94 60

51-53 Rue Jules Ferry

This pret-a-porter store for men is up to date and fashionable. Suits, dress shirts, ties, jeans and casual clothes are available.

Drums

Africa Percussion – 551 48 67

D 38 Cité Nameless Aviation, Ouakam

An excellent place to buy a quality drum. The owner is an eccentric Frenchman

who builds, tunes and finishes drums himself, but contracts out the basic carving.

Guediawaye Art Moderne – 877 04 73 / 649 55 18

Marius Wane will make you a superb African Drum. He speaks English. Individuals at the embassy who have commissioned drums have been happy with his service.

Embroidery

Brodeuse de Grand Yoff

Rue 63 x 70 (Fann-Hok)

Contact: Hana Chirazi - 821 19 12

A group of Senegalese women embroidering exquisite tablecloths, bedspreads, napkins, throws, cushions, hand bags etc. on linen. Hana is their artistic director and she has a retail store on Ave. Lamine Gueye.

Fabric Shops

Dakar abounds with Fabric Stores. Just walk down Rue Lamine Gueye towards the Pointy and discover Marché Sandiga. The abundance and array of fabrics that are available - cotton, linen, silk, broderie will amaze you. African fabrics made from cotton bazin, legos, Sotiba, wax and thioup are plentiful. Marche HLM, located in a housing project off Rue 13, offers the best variety of African and imported fabrics in Dakar with numerous stalls and tailors. The best part is that you are left alone to browse and shop peacefully here. Bargain for the best prices.

Tie-Dye Fabrics – Parcelles Asainies

Alliance Solidarite Paix A.S.P.

Contact: Adama Seck – 680 64 53, 835 42 64

Sponsored by the Ambassadors Self-Help program, these ladies produce good quality tie-dye fabrics, embroidered bags and articles of clothing.

Call Adama if you wish to place an order or visit their workshop.

Tailors

There are several tailors in Dakar. They can make copies of your favorite articles of clothing or they can sew clothing specific to your measurements from a model or your personal design. Be prepared for several fittings.

Bombolong Couture – 555 38 55

Mr. Diallo speaks English.

Turn at the Pharmacie Village Artisanal, cross two intersections and look for a basketball hoop. Turn on the street with the basketball hoop; the shop should be immediately on your right.

Joanna – 820 14 98

In Ngor, call for directions

Joanna is a Swiss designer who can make you a unique piece of garment. She specializes in hand-woven fabrics of Senegal.

Dioum Couture, Unisex – 822 02 64, 635 68 60

Mamadou Ndiaye

4, Rue Dardanelles

El Hadj Ba – 821-6416

Comes to your house. Reasonable prices.

Salon De Couture – Chez Barry – 822 12 09

90, Rue Mousse Diop

Does good work. Barry is versatile and sews for both men and women.

Mamadou Diallo – 635 38 13

Point E

Mamadou is skilled at making men's clothing, shirts and pants. He is also able to sew women's dresses, skirts and blouses. Comes to your house to pick-up material, for fittings and for drop-off.

Grace Couture

Rue, 6568

Fann Hok

Grace speaks English and is a seamstress for women. However, her expertise is in designing and sewing African style clothing/dresses for women.

Jewelry

Gold Jewelry is usually sold at a fixed price per gram but as always one can bargain. Artists at Village Artisanal can design and make both gold and silver jewelry. There are also many Touareg Jewelers with unique silver pieces.

Bijouterie Nouvelle- 822 83 99

Contact: Pape Diop

30 Rue A. Assane Ndoeye

Bijouterie Nouvelle is frequented by embassy folks and Pape Diop is very congenial and a creative jeweler. Take him a design and he is sure to create a fine piece of jewelry for you. You can bargain with him and he accepts credit cards.

Bijouterie Baobab d'Or – 823 91 40

Contact: Bassirou Gueye

73, Rue Amadou A. Ndoeye

Bijouterie De La Renovation De L'Exclusivite – 822 06 37
Contact: Nourou Cissokho * Village Artisanal de Soumbédioune

Florence de La Peschardiere Creations – 823 48 08

4 Av. Pasteur – Close to the Embassy

Unique designs made of crystals, precious stones, and African beads.

Fantastic collection of necklaces, earrings and bracelets.

Les Colliers De Nana – 820 00 21

Villa # 6 Yoff

A designer/decorator who creates gorgeous necklaces using African beads and crystals.

Yamaiseth Creation- 860 09 06, 661 00 92

Villa 28 Cite des Mamelles

Marie-Therese Barro creates pieces with African, European and Asian pearls.

Touareg Jewelry

Bijouterie Mauritanie – 633 61 14

Contact: Sidy Kounta

56 Rue Felix Faure x Bayeux

Leather Toaureg Boxes and Trunks

Across the street from Village Artisanal, Soumbédioune.

Moroccan Brass & Rugs

Mohammed V just off Ponty on the right.

Paintings on Glass (Peinture Sous Verre)

Painting on glass is a Senegalese tradition. You can find a large selection displayed along Avenue Peytavin. The themes are varied from traditional costumed musicians and "car-rapides" scenes to depiction of families. To view a selection of quality paintings go to Galerie Antenna. See Galleries.

Denis Nendy – 825 91 94/ 638 87 87

Glass paintings with mosaic frames. Nice work.

Marché Soumbédioune – Village Artisanal

Route de la Corniche Ouest X Rue 68 (Guele Tapee)

Very touristy. Leather belts and purses, bracelets, bookends, baskets, malachite, Malian rugs, woodcarvings, wooden bowls, brass statues, clothing, musical instruments, hammocks, sand paintings, wooden chairs, batiks, gold and silver jewelry, baskets, tin can art, clay ceramics and more.

Wood Carvings & Masks

Several shops for semi-serious collectors on Mohammed V (one block off Pompidou).

FOOD

Score

A chain of supermarkets that has everything you need for your kitchen and general house supplies. The food items are imported primarily from France. They are open Sunday mornings and take credit card payments.

Score Sarraut – 823 17 27

Avenue Sarraut x Rue Huart (Downtown)

This is a well-stocked super market, with a great butchery, fresh imported vegetables from France as well as local vegetables, a bakery, a deli with a variety of cheeses, pates and ham.

Score Mermoz- 849 05 07

Route de Ouakam (Mermoz)

A mini version of Score Sarraut and is convenient for those living in the Fann and Mermoz area.

Le Virage – 820 30 99

Le Virage (Yoff)

Located in Ngor, Virage offers you a one-stop shopping and is open all day Sunday.

Le Parcours (Nabil Hoballah) – 825 44 01

Corniche Ouest.

Offers you one-stop shopping including grocery items, house hold items, magazines, outdoor furniture and seasonal items (Christmas and New Year decorations). This store opens from 9:00am to 2:00pm and reopens at 4:00pm until 8:30pm Monday through Saturday.

Le Gac – 820 03 39

Le Virage (Yoff)

Le Gac has a great variety of meats, poultry, and pork ready cut. They offer frozen seafood and fish, nems, pasta, eggs and a selection of sorbet and pastries.
Closed Sunday and Monday.

Boucherie Les Trois Petits Cochons – 821 23 67

Marché Kermel (Dakar –Plateau)

Carries quality meats, poultry and pork.

Boucherie du Plateau – 633 38 64

73 Rue Assane Ndoye

Quality meats, especially lamb and mutton cut to your specifications at a fair price.

Fresh Chicken & Pork – 820 24 74

Amelia sells fresh whole chicken, or if you prefer chicken breast, legs and thighs. She can also supply you with eggs. The best part is that she delivers to your home from her farm and her prices are reasonable. Amelia speaks English.

Specialty Shops

Cafes Cor Coumba – 825 25 71, 638 59 11

Located: Sicap Amitie 11

For coffee lovers. This place has imported coffee beans from Columbia, Costa Rica, Kenya, Ethiopia, Brazil, and Cameroon etc. Just call and place your order and they will deliver to your home or office. Contact: Mme. Fall-Peinda.

Chocomenthe- 823 68 38

42, Rue Victor Hugo

Candy and nuts by the gram.

Patisen – 849 65 65

Place du M. Leclerc, off Boulevard de la Liberation (Dakar-Plateau)

A wholesale shop that carries drinks meats, dairy, frozen foods and more.

Les Cedres

Avenue George Pompidou X Rue Raffenel (Dakar- Plateau)

For Lebanese products, such as feta, spices, and olives.

La Casa Italiana – 842 42 92

52, Rue Felix Faure

This store specializes in Italian products. Pates, spaghetti sauces, charcuterie, mozzarella and Parmesan cheese, and a great selection of pasta.

La Fromagerie

Rue Le Dantec, across from Marche Kermel

A cheese store with a variety of French and Italian cheeses plus a selection of flavorful breads.

Products Asiatic

Behind Marche Kermel

A well-stocked oriental store – soya sauces, oyster sauce, Chinese cooking wines, dried mushrooms, rice noodles, oriental spices, fresh soya and green peas.

CSNA (Cie Senegalaise de Negoce Alimentaire)– 822 58 77, 821 04 30

6, Rue Huart (Dakar- Plateau)

A diplomatic store with great prices. Great selection of wines and alcoholic beverages. The store also carries a variety of grocery items such as pastas, cheeses, juices, water, milk and canned items.

Senegal Duty Free Store

Rue Caille X Rue Thann – near Marché Kermel

A diplomatic store with selection of wine, alcoholic beverages, cheeses, various grocery items and cosmetics.

Boutique Vieirasa – 822 56 87

27, Avenue Leopold Sedar Senghor (Dakar-Plateau)

Imported frozen products from Spain: frozen fish, seafood, vegetables, and ice creams.

Bakeries and Pastry Shops

La Galette – 821 33 40

16, Avenue General Pompidou (Dakar-Plateau)

Breads, rolls, pastries, cakes and pizzas are available here. You can special order Cakes for birthdays and other special occasions.

Au Petit Gourmet

Route de Ouakam, next to Photo Shop near Score (Fêtre Mermoz)

Small daily stock of croissants, pain au chocolat, baguette, whole-wheat and white breads. You can special order cakes.

La Royaltine – 821 99 94

20, Boulevard de la Republique (Dakar-Plateau)

Excellent patisserie with a marvelous selection of tarts, cakes, donuts and breads. Special orders taken for special occasions.

Laeticia - 821 75 48

108, Avenue du President Lamine Gueye (Dakar-Plateau)

Delicious pastries. A great place for a cup of coffee & croissants.

Graine D'Or- 820 85 73

Route de L'Aéroport. Located between the Shell station and Casino Cap-Vert

Patisserie, Chocolate, Ice creams – an excellent bakery with great selection of breads and pastries.

Catering

Le Océane – 820 00 47

Yoff Ranrhar

Linda Traiteur – 821 00 28**Rue Blochat, Zone Nord Foire**

Full service catering, which includes delivery, set up and service. You may also order trays of hors d'oeuvres for cocktails or parties without the service.

La Fourchette – 821 88 87**4, Rue Parent: near Marché Kermel**

Catering and restaurant. Full service catering. You may also order trays of hors d'oeuvres to be delivered to your house. Mr. Charara speaks English and does the catering for many of the official embassy cocktails.

Dibiterie – 633 80 46

Contact: Mr. Mamadou Barry.

Mr. Barry will make and grill mini-brochettes at your home for parties or special occasions.

Markets

Markets are an integral part of African life. Visiting different markets will not only inspire you to bargain but will acquaint you with the Senegalese lifestyle. Bargaining is expected and necessary. Remember to make the vendor offer the first price and then start at about 1/3 to 1/2 of what you are willing to pay. The vendor will usually ask an outrageous starting price. Try to keep your sense of humor in the process and be constantly aware of your surroundings. With the exception of the Soumbédioune Craft Market and some areas of Sandiga, most markets offer a wide variety of fresh fruits and vegetables, seafood and meats and cloth.

Marché Kermel**Off Rue Saraut**

The largest food market in Dakar selling meat, fresh fish, shellfish, fruits, vegetables and flowers. You can find fresh spices, ginger, bissap, beans. It's best to hire a porter once you enter the market. You can offer a tip after your shopping excursion usually around 500CFA. In front of the market you will find vendors selling Senegalese handicrafts.

Marché de La Gare (The Malian Market")

Located across from the train station (Dakar-Plateau)

At this market you can find Calabasse bowls, functional and decorative ones can be found for reasonable prices. Here too you can shop for tamarind, beurre de karite, spices and pastes used for cooking.

Marché Castors

Take Bourguiba toward Hann (Castors)

This market is on the left just before the main road (Route du Front de Terre) off of Bourguiba. Traditional Senegalese market and famous for Halloween pumpkin shopping.

Sandaga

Corner of Lamine Gueye and Avenue Ponty (Dakar-Plateau)

Visiting this market is an adventure in itself. You can find almost anything you need or desire here. Inside and overflowing onto the surrounding streets, you can find sellers of food, clothes, music, kitchen and bathroom supplies, cosmetics, and arts and crafts. Stalls stretch down every street, but don't forget to go inside the main market building. Numerous fabric shops are to be found here. Business slows down between 12:30 and 15:00, but it's open all day.

Soumbédioune

Route de la Corniche Ouest X Rue 68 (Guele Tapée)

A fish market, located next to the Village Artisanal, this market comes alive every evening between 5:30pm and 7:00pm, when the pirogues return from their day's fishing. The market is quite active until around 8:00pm. You can find a variety of fish here, especially the famous Senegalese "thiof." Bargain tends to be vigorous.

Marché HLM.

Located in the housing project HLM off Rue 13, this market offers by far the best variety of African fabrics in Dakar with its hundreds of small stalls and tailors. Bargaining here is more relaxed.

The Women's Market

At the port – Embarcadere de Goree. (Dakar Plateau)

Best place to buy mangoes when in season.

You can also find crabs and other seafood.

Tilène

Avenue Blaise Diagne (Médina)

There is a large central building with many stalls set up in the surrounding area.

This is not a tourist market. This is a real working African market filled with vegetables, dried fish, beans, barrels of rice and millet, African spices and oils for cooking, incense etc.

Drinks Shops and Distributors

Cokes, Sprites, Fanta, and Flag and Gazelle beer can be purchased very economically at local distribution centers. After you purchase the plastic case and bottles the first time, you just return the empty case for another one.

La Source- 822 36 95

38, Rue Victor Hugo (Dakar- Plateau)

Drinks Delivery service. You may order by phone and pay the bill after they return to collect the empty bottles. You pay for what you consume.

MDI (Mono Distribution International) – 821 60 71

17, Rue Dial Diop

Drinks delivery service

Mermoz Boissons –

Located on Route de Ouakam, between Bourguiba and the VDN (Fenêtre Mermoz)

SEBO (Senegal Boissons) – 849 30 60, 832 98-73

Km4.5, Route de Rufisque, BP 2173

A large selection of wines and liquors.

Great choice, good prices.

Toys

Fantasia – 823 78 75

Rue Mohamed V X Victor Hugo (Dakar-Plateau)

Toys for kids from birth to teens.

Bambinerie – 822 04 02

Avenue du Président Lamine Gueye (Dakar-Plateau)

Good selection of toys for newborns to teens.

Prunelle – 821 84 89

139, Avenue du President Lamine Gueye 9 Dakar-Plateau)

A funky store with stuffed toys, kid jewelry, quality toys and gift store combined.

Le Virage Toy Store

Yoff

A store that has a great selection of toys, seasonal decorations

And gift items for the home.

Beauty & Health

Hairdressers & Barbers, Manicure & Hair removal

George Coiffure-821 09 77

30, Rue Jules Ferry (Dakar-Plateau)

Hair Studio- 821-73 64

35, Rue Mohamed V x Rue Jules Ferry

Hair & Nails –820 12 46

24, Route de Mamelles (Mamelles)

Hair coloring, styling, waxing and massages, manicure and pedicure.

Jihad Coiffure – 821 80 80

130, Rue Joseph Gomis x Rue Victor Hugo (Dakar-Plateau)

For good cuts, colours, and highlights. Jihad speaks English.

Michele Ka – 824 70 33

Villa#5 Tour de L’Oeuf, (Point E)

Good modern cuts. Manicure & pedicure.

Mouna Coiffure – 821 04 28

Hotel Nina

43, Rue Dr. Theze (Rue de la Patisserie la Marquise)

Vogue Coiffure – 821 33 06

37, Avenue Jean XXIII (Dakar-Plateau)

Right across the street from the American Embassy.

Clotilde Vogue – 821 10 19

37, Avenue Jean XXIII

Pedicure, manicure, massages & hair removal.

Beauty Salons

Aqualys – 821 30 40

36, Jules Ferry (Dakar-Plateau)

Fleur de Peau – 822-39 75

58, Rue Mohammed V x Avenue de la Republique (Dakar-Plateau)

Grain de Beaute – 822 05 67

172, Avenue Lamine Gueye (Dakar-Plateau)

Facials, deep cleaning of the skin, body treatments, pedicures, manicures and massage.

Opticians

Espace Vision – 822 15 12

69, Rue El Hadj Amadou Assane Ndoye (Dakar-Plateau)

Sol’r – 821 33 15

36 bis, Rue Jules Ferry (Dakar-Plateau)

Optique Ponty- 821 04 23

24, Avenue General Pompidou (Dakar-Plateau)

Shoe Repairs

Diankha - 689 81 65

Cordonnerie Moderne

18, Rue Mohammed (Dakar-Plateau)

Ibou does an excellent job and his prices are reasonable.

Nouvelle Cordonnerie Marocaine (N.C.M) – 823 19 60

18, Rue Abdou Karim Bourgi X Wagane Diouf

Shoe repairs. You can also have Mr. Lamine make you a pair of shoes.

Household Maintenance

Carpet Cleaners • Nettoyage de tapis

Quali Net- 825 2546

Route de Ouakam (Fann-Résidence)

Prop+

Route de Ouakam across the street near Lycée Mermoz

Toky Net

Route de Ouakam, near Mermoz boissons (Fann-Résidence)

Dry Cleaners • Nettoyage à sec

Impec pressing

Avenue du Président Lamine Gueye near Boulevard de La République

Press Matic – 822 89 25

18, Avenue Roume x Jules Ferry

Pressing Ouakam

Fênetre Mermoz (behind Restaurant L'Arc en Ciel)

Garden Supplies • Jardin

Les Niayes de Sarraut – 822 44 64

16, Avenue Albert Sarraut across from Score (Dakar-Plateau)

Hardware Stores • Quincaillerie

Buhan et Teisseire – 849 23 50

1, Rue Ramez Bourgi Pl, next to Marché Kermel (Dakar-Plateau)

Stock includes tools, paints, paintbrushes, varnish, turpentine, electrical equipment,

house wares, cleaning supplies, gardening tools, mosquito netting and more!
Closed on Saturday afternoons.

Bernabé Sénégal – 849 01 01

Km 2.5, Boulevard du Centenaire de la Commune (Zone Industrielle)

Plumbing, electrical and painting supplies.

Mosquito Nets

Hyazi Hussein Gandour – 822 26 58

97 Avenue du Président Lamine Gueye.

Sells mosquito netting and commercially made mosquito nets that fit a queen-size bed.

Radio, Stereo & TV. Repairs

Abdou Thiam – 825 80 35, 638 61 83

Very good with AFN decoders, TV, and VCR repair.

Responds quickly to calls for repair.

Maxiohm – 825 64 49

1912, Sicap Liberté 111

Electrician, audio, TV hook ups and repair.

Appliances, Home Decoration & Furniture

Appliances & TV

Société H. Aydad et Compagnie – 821 65 25, 822 38 80

76, Avenue Général Pompidou (Dakar-Plateau)

EBI (Sony Store) – 849 07 49

27, Avenue George Pompidou

TVs. VCRs, stereos and more.

Decorative Items • Art Décoratif

Agora – 864 14 48

Off Cheikh Anta Diop

Specializes in Moroccan goods to include pottery, lanterns and more.

Mosaïc-Déco – 822 82 70

17, Rue Mohamed V (Dakar-Plateau)

Table runners, cushion, bed covers, scarves and more.

Art & Decoration – 634 62 97

Route de la Corniche Ouest x Rue 25 (Soumbédioune)

Art et Vie- 822 16 12

178, Avenue du Président Lamine Gueye (Dakar Plateau)

Items to accessorize your home – candleholders, vases, glasses, lamps and more.

L'Artisanerie – 823 91 76

Route de L'Embarcadère (Dakar-Plateau)

Art, leather goods, bowls, pottery, pillows, bedspreads and more.

Suufu Jam – 820 65 98, 630 93 51

Located in the Meridien President Hotel (Almadies)

Unique collection of decorative item. Candles, candleholders, light fixtures, tea sets.
Nice place to shop for a gift.

Taj Mahal – 822 21 64, 822 22 14

174, Avenue du Président Lamine Gueye (Dakar-Plateau)

Crystal bowls, gold jewelry, linens, silk pajamas and more.

Orca – 821 49 64

73, Av. Blaise Diagne (Dakar Plateau)

Decorative items, vases, lamps, garden furniture, rugs and more.

Framing

Au Coin des Cadres – 821 54 77

31/33, Rue Wagane Diouf (Dakar- Plateau)

8:30 – 12:30pm & 3:00pm – 6:30pm (Monday – Saturday)

Intérieur – 821 48 47

36, Rue Jules Ferry X Rue Joseph Gomis (Dakar-Plateau)

Brico Décor – 821 77 25

96, Avenue du Président Lamine Gueye X Rue Grassland (Dakar-Plateau)

Dining and Kitchenware

Robel – 823 37 11

Avenue Allées R. Delmas, near Place de L'Indépendance (Dakar-Plateau)

A home decoration shop, which has dishes, bowls, glasses, crystal and silverware.

Un Air de Fête – 821 67 86

4, Avenue Léopold Sédar Senghor

Fine china, glasses, crystal, object d'art and more.

Buhan et Teisseire – 849 23 50

1, Rue Ramez Bourgi Pl: next to MarchéKermel (Dakar-Plateau)

Pots and pans, cake pans and baking dishes. Small appliances – toasters, coffeemakers and microwaves.

Upholstery Fabric and Sewing Supplies

Ameublement Gandour – 822 14 38
59, Avenue George Pompidou (Dakar-Plateau)

Ameublement Hoballah – 822 41 13
71, Avenue Andre Peytavin (Dakar-Plateau)

Mercerie Generale – 822 03 60
43, Rue de Thiong (Dakar-Plateau)
A variety of sewing needles, scissors, buttons, embroidery, zippers, craft paint and fabric.

Mercerie Kaddoura – 821 63 54
40, Rue Docteur Theze (Dakar-Plateau)
Good for arts and craft material and sewing supplies.

Furniture

Wooden, metal and wicker furniture is available. Unless you go to one of the better boutiques, the carpenters tend not to dry the wood properly before working with it so you can be in for a surprise if you do not shop carefully. There are several local shops along the Corniche near Marche Soumbédioune.

Atiss – 823 18 77
Avenue Albert Sarraut, across from Score Sarraut (Dakar-Plateau)
Exceptional well designed pieces.

Blosierie – 825 91 54
15, Avenue Bourguiba (near the Sodida)

Iroko – 825 08 23
Rue 2 X B - Point E
David Guyot an architect makes interesting objects and furniture.

Mosaica – 820 24 24, 642 68 16
Route de la Corniche Ouest x Route de Ouakam (near the Mosque, Ouakam)
Working with iron and mosaics, Beatrice Cluydts creates attractive and affordable tables, consoles, trays vases, mirrors, etc. Ms. Cluydts speaks English. Hours are Monday-Friday from 10:00am – 12 noon.

Tapisol
Route de la Corniche Ouest X Rue 11 (Dakar-Plateau) 823 34
164, Avenue du President Lamine Gueye (Dakar Plateau) 823 13 91

Soldeco – 837 26 65, 639 23 14

34, Avenue du President Lamine Gueye x Autoroute (Dakar-Plateau)

Mr. Mbow will bring European/American style catalogues to your home and help you to select/design furniture for your home.

Ironworks

Deco Lara – 820 18 10

Yoff Virage

Brico Décor – 821 77 25

Avenue du President Lamine Gueye (Dakar-Plateau)

Art & Decoration – 634 62 97

Route de la Corniche Ouest X Rue 25 (Soumbédioune)

Office Supplies

Office 1 Superstore – 849 06 66

Autoroute Prolongée x Rue Marchand (Dakar-Plateau)

Chez Mon Ami – 822 59 89

145, Avenue du President Lamine Gueye x Boulevard de la Republique

Art & Cartonnerie DIBRA – 822 04 34

43, Rue Jules Ferry, Maginot Building

Buhan et Teseire – 849 23 50

Rue Caille, Marche Kermel (Dakar-Plateau)

Printing

Graphitex – 823 54 45

33, Rue Jules Ferry (Dakar-Plateau)

Imprimerie St Paul – 822 58 08

4 E), Rue Sandinieri (Dakar-Plateau)

Afrique Copieurs Services – 824 5949

Sarl A.B.F.A. Route de Ouakam x Complexe Sonatel (Point E)

Photographic Supplies and Film Development

There are many film development shops in Dakar. Price is usually an indicator of the quality of print you will receive.

Photo Cine Senegal – 821 72 79

1, Place de L'Independence (Dakar-Plateau)

Very good quality photos.

Photo Stop

Route de Ouakam near Score Mermoz (Fenetre Mermoz)

Does ID photos using a digital camera.

Tiger Photo

Avenue General Pompidou (Dakar-Plateau)

Does the right size for US passport photos (the face has to be a certain size, which is bigger than most standard ID photos).

Courier Service

DHL Senegal –824 26 04

Rue Leon Gontran Damas x Rue Fann (Fann-Residence)

Car Repairs and Mechanics

It's extremely difficult to have satisfactory repairs done on cars in Dakar
Bodywork and auto painting can be done reasonably well at a fair price.

Garage 2000 – 822 61 02

Contact: Abdou Gueye. Located on Corniche Ouest

Body repairs, paint jobs, oil change and tune-ups.

Abdoulaye Fall – 825 95 56

Located on Avenue Bourguiba.

Garage Madiop Thiam (Mecanique Generale Carrosserie Peinture) – 632 25 32

Located across from Senelec Ouakam. Emergency repairs and maintenance of vehicles.

Marc auto mobile – 638 77 86

Can assist you with all aspects of your car include purchasing one and all the administrative details.

CFAO – 849 77 77

Km 2.5 Boulevard du Centenaire de Dakar.

Peugeot, Suzuki and Toyota.

Ford- 823 45 28

30, Avenue du President Lamine Gueye angle Autoroute prolongee
Fiesta, Escort, Mondeo and Courier.

Mat Force- 839 95 00

10, Avenue Faidherbe
Hyundai and Mazda.

Senegalaise de l'Automobile – 849 38 38

Km 2.5 Boulevard du Centenaire
Mitsubishi, Honda, Citroen and Piaggio Scooters.

SERA –849 32 60

Km3, 5 Bd du Centenaire de la Commune de Dakar
Renault, Isuzu, Honda.

Car Rental Agencies

Avis – 820 46 28

Leopold Senghor Airport

Budget – 922 25 13, 823 24 94

Avenue du President Lamine Gueye X Rue Faidherbe (Dakar-Plateau)

Europcar- 821 38 49

6, Rue Huart X Rue Dantec (Dakar-Plateau)

Hertz – 822 20 16, 821 56 23

64, Rue Felix Faure (Dakar-Plateau)

Taxi Service

Allo – 820 44 04

Dakar Taxi – 823 48 38

Taxi Dial60 Base – 633 71 93/824 89 53

Schools

English speaking & Bilingual

Pre-Schools

Pre-school at the International School of Dakar
(Fenetre Mermoz) – English speaking.

- **Ages:** 3 and 4 years
- **Hours:** 8:30am – 12:00pm, Monday - Friday
- **Fees:** Annual tuition of \$2,500; Registration fee of \$60.

- **Number of places:** 20 +
- **Contact:** 825 08 71. E-mail isd@enda.sn . Frequently there is a waiting list with priority given to those children with siblings already attending the school.

**Ecole En Couleurs
18, Rue 4(Point E)**

- **Ages:** 2 - 6 years
- **Hours:** 8:00 am – 12:45pm, Monday - Friday
- **Fees:** Registration fee of 40,000 CFA. Monthly fee of 70,000 CFA.
- **Number of places:** 30
- **Contact & other information:** 825 93 93. French Pre-K run by French and Belgians. School year: October – July. Classes for kids from 2 to 5 years olds.
- The classes are conducted in French.

**Petit Ecole Bilingue Senegalo-Americaain
(Point E)**

- **Ages:** 2 - 5 years
- **Hours:** 8:00 – 1:00pm, Monday - Friday
- **Class size:** 12
- **Number of places:** 50
- **Contact & other information:** Stephanie Khan, 824 37 07/ 864 05 51.
- Pre-School instruction in English and French with a Montessori approach.
- The school has recently expanded to include an elementary and high school.
-

**Ecole Actuelle Bilingue
(Fenêtre Mermoz)**

- **Ages:** 3 - 5 years
- **Hours:** 8am – 3pm
- **Contact & other information:** 644 09 85 / 825 48 25. The school accepts children from age 2 ½ and has “petite,” “moyene,” and “grande” (kindergarten) sections. French-English curriculum.

Les Jours Heureux

Rue de Ouakam Avenue des Ambassadeurs (Fann- Residence)

- **Ages:** 2 – 5 years
- **Hours:** Full-time, 8:00am – 12:00 p.m. and 3:00 p.m. – 5:00pm
- **Fees:** Registration Fees: \$150.00
- **Number of places:** 30
- **Contact & other information:** 825-0992. Used by many French families.
-

Croix Rouge Senegalese (Point E)

- **Ages:** 2 - 5 years
- **Hours:** Part-time
- **Fees:** Registration Fee: \$35.00, Monthly Tuition fee: \$30.00

- **Number of places:** 100
- **Contact & other information:** 824-7141 or 824-8489

Trois Pommes (Point E)

- **Ages:** 2 - 5 years
- **Hours:** 8:00am – 12:00 p.m. and 3:00pm – 5:00 p.m.
- **Fees:** Registration Fee:\$40.00, Monthly Tuition fee \$30.00
- **Number of places:** 20
- **Contact & other information:** 825-6983

Playgroups

Sally Diedhiou-independent playgroup teacher- 825-5968 – 18 months and up.
Tina Tavares- independent playgroup teacher- 825-6431 – 15 months and up.

Dakar Academy

832 06 82, email Dakar-academy.org

Hann * English speaking

Open enrollment kindergarten through 12th grade. About 150 children from more than 20 countries attend. Originally founded to provide education for children of the missionaries in Senegal, DA offers American curriculum with mandatory bible study in all grades. Located in Hann, D.A. is fully accredited for K-12.

International School of Dakar

824 19 65, email: isd@enda.sn

Fenetre Mermoz* English Speaking

ISD offers an American educational program. The international faculty and student population provides a culturally enriched atmosphere. It offers curricula for grades K-12 and preschool for 3 and 4 year olds. ISD is accredited K-9. The school plans to have grades 10-12 accredited probably within the next 3 years. ISD does make arrangements for its students to take the SAT's and ACT's and is now registered as a site for both. ISD facilities include a library, gym, science and computer labs, art and music room, a playground and a sports field. The school has access to the pool and playing courts of the American Club and the children are able to order and eat their lunch at the Club.

French Speaking Schools

The French government certifies the following schools:

Lycee Francais Jean Mermoz

820 29 59

Route de Ouakam, BP 3222 (Ouakam)

Web: www.mermoz.edu

Email: mermoz4@metissacana.sn

Accepts students from preschool through high school.

Includes possibility to study different specialties for Baccalaureate.

Ecole Franco-Senegalaise Fann

825 04 58

Rue Aime Cesaire (Fann Residence)

Email: efsfann@telecomplus.sn

Grades 1-5 (CP to CM2), around 450 children. French and Senegalese teachers.

Cours Sainte Marie de Hann

832 08 29

Route des Peres Maristes, BP 98 (Hann)

Email: csmhprof@syfed.refer.sn

The largest French-speaking school. Elementary, college and lycee.

Recognized by the French government.

Libraries

Both **Dakar Academy** and the **International School of Dakar** are happy to share their libraries with the community. Books may be borrowed during school hours by seeing the librarian, or by calling 832 06 82 (DA) or 825 09 71 (ISD).

The French Cultural Center, 39, Rue Joseph T. Gomis, has a children's library for students under age 15. To obtain a card, one must pay a small fee and show a certificate of school enrollment. Open every day, except Monday, 10:00 to noon and 15:00 to 19:00.

Language Lessons

State and USAID provide French lessons for all direct hires and EFM's.

The Mission has a well-equipped language lab and a full time instructor.

Wolof lessons are also available.

Alliance Francaise

821 08 22

3, Rue Parchappe, near the Novotel (Dakar-Plateau)

Alliance Francaise offers private tutoring or evening courses, 4pm to 6pm and 6pm to 8pm. Sessions include 60 hours of instruction. New semester begins in October.

Baobab Center

825 36 37

509, SICAP Baobab

The Baobab Center is part of African Consultants, Inc. Teaching French, English, Wolof as well as other languages, the center organizes group lessons.

University of Dakar

Institut de Francais pour les Etudiants Etrangers

824 09 97

If you are serious about learning French, sign up at the University.

Placement tests are given in October to identify your level: beginner, advanced beginner or advanced. Classes commence in November and finish in June.

Cashiers, Banks & Insurance

Cashiers

All Direct Hire staff members and official visitors are able to cash personal checks through the Embassy cashier, without having to pay any commission, charges, or foreign exchange fees. Official visitors need to have a Direct Hire Staff member “sponsor” them by requesting a cashier privilege authorization. The Regional Financial Management Officer (RFMO) must approve this request.

The cashier carries US\$ and local currency. However, the following limitations apply:

- There is an Accommodation Exchange limit of \$500/day.
- Obtaining US currency requires the RFMO’s approval.

Cashier services are available at two locations:

The Chancery:

Hours: Monday, Tuesday, Thursday & Friday from 9:30am – 1:00pm..

Vendors only: 9:30am-10:30am

Personal transactions: 10:30am – 1:00pm

Gas Coupons sold every 1st and 3rd Friday of the month.

Personal phone bills can be paid only on Thursdays at the cashier’s office or directly at Sonatel’s offices

The USAID Cashier:

Hours: Monday, Tuesday, Thursday & Friday from 9:00am – 1:30pm.

Banks

Most large banks offer a variety of accounts and services, including checking, savings, ATM, and credit cards. It’s advisable that you bring a large supply of checks with you to Post. ATM machines are available but there are few outlets in the city. Here is where you can find a few of them: – The Mobil gas station on Rue Ouakam, the Shell gas station at N’gor, the airport and the hotel Meridien President.

(BIS) Banque Islamique du Senegal - 849 62 62

Rue Huart X A.A. Ndoeye, Immeuble Faycal (Dakar-Plateau)

Commercial bank.

CBAO Senegal – 839 96 96

2, Place de L’Independence (Dakar-Plateau)

Local bank with branches throughout Dakar.

Most have cash machines at which you may use your money card, or visa.

Citibank – 849 11 11

2, Place de L'Indépendance (Dakar – Plateau)

Caters to businesses. Foreign exchange services are available to walk-in customers. They do not have ATM's.

Western Union/CBAO – 823 79 80

5, Rue Dr. Theze (Dakar-Plateau)

Western Union is a fast and secure way to transfer money with Senegal and abroad.

Insurance

Everyone in Senegal must have a basic automobile insurance, which must include third party liability. The basic required insurance is inexpensive (as low as 50.000 CFA for the year), however, a more complete coverage would be more expensive.

Assurance Generales Senegalaises (AGS) – 839 36 00, fax: 823 37 01

43, Avenue Albert Sarraut (Dakar –Plateau)

The Embassy does business with this agency.

Gras Savoye Senegal – 823 51 51, fax: 821 54 62

15, Boulevard de la Republique (Dakar-Plateau)

Societe Nouvelle D'Assurance Du Senegal (SNAS) – 823 41 76, fax: 823 10 78

92, Avenue Abdoulaye Fadiga (Dakar-Plateau)

Household French

This list has been compiled to help new arrivals that speak little or no French to communicate on the most basic level, particularly with their household employees. An approximate phonetic pronunciation guide follows the French phrases.

Boil the water for 30 minutes

Faites bouillir l'eau pendant une demi-heure (Fet bu-ee-year lo paw-daw...)

Filter the water

Filtrez l'eau (feel-dray lo)

Go to

Allez à (al-lay ha)

The grocery store

l'épicerie (lay-peace-ree)

The butcher shop

la boucherie (la bu-shay-ree)

And buy

Et achetez (ay ash-tay)

A jar of

Un pot de (a poe day)

A can of

une boîte de (bwot)

A bottle of

une bouteille (bu-tay-ya)

A package of

un paquet de (pay-kay)

A loaf of sandwich bread

un pain de mie (pan day me)

A loaf of French bread

un pain (pa)

Apples

pommes (pome)

Bath soap
 Beef for stew
 Bleach
 Butter
 Chicken
 Cookies
 Eggs
 Flour
 Green beans
 Ham
 Hamburger
 Jam
 Lamb chops
 Laundry soap
 Lemons
 Lettuce
 Milk
 Evaporated milk
 Onions
 Oranges
 Peanut butter
 Pepper (seasoning)
 Pork chops
 Potatoes
 Salt
 Steak
 Sugar
 Tomatoes
 Cook the

Wash the vegetables

Fruit
 Floor
 Toilet
 Sink
 Bathtub

Clean the kitchen

Refrigerator
 Shelves
 Dining room
 Living room
 Bedroom
 Bathroom

savon de toilette (saw-vo day two-let)
 boeuf pour ragout (buf poor rag-oo)
 eau de javel (oh day jav-el)
 beurre (bear)
 poulet (pu-lay)
 biscuits (bee-scwee)
 oeufs (uf)
 farine (far-een)
 haricots (are-ee-co-vair)
 jambon (jaw-bo)
 boeuf haché (buf osh-ay)
 confiture (co-fee-tur)
 cotelettes d'agneau (cotel-et-don-o)
 savon pour laver (saw-vo poor-la-vay)
 citrons (see-tro)
 laitue (lay-too)
 lait (lay)
 lait concentré (lay co-saw-tray)
 oignons (ohn-o)
 oranges (oh-anj)
 beurre de cacahuette (bear. cacawet)
 poivre (pwavr)
 côtelettes de porc (co-tel-let. por)
 pommes de terre (pome day tare)
 sel
 steak
 sucre (soocr)
 tomates (toe-mawt)
 Faites cuire le (fet queer)

Lavez les legumes (la-vay lay lay-zoom)
 fruit (frwee)
 parterre (par-tare)
 W.C. (doo-bl-say say)
 lavabo
 baignoire (bay-nwar)

Nettoyez la cuisine (net-twa-yea la kwee-seen)
 le frigidaire (free-jee-dare)
 les étagères (lay zay-taj-air)
 la salle à manger (sal a maw-jay)
 le living
 la chambre
 la salle de bain

Rug	le tapis (top-pee)
Iron the clothes	Repassez le linge
Hot	Très chaud (tray sho)
Cold	Froid (frwa)
Warm	Chaud (sho)
Rinse	Rincez
Change the towels	Changez les serviettes de toilettes (shaw-jay lay sair-vee-et de twa-let)
Beds	les lits (lay-lee)
Baby's diaper	les couches de bébé (lay koosh bay bay)
Baby's clothes	les vêtements de bébé (lay vet-a-maw.bay. bay.)
Bathe the baby	Faites prendre un bain au bébé (fet prahndr bay bay)
Feed the baby	Donnez à manger au bébé (Dough-nay a maw-jay oh bay-bay)
Watch the baby	Surveillez le bébé (Sear-vay-yez. bay-bay)
Do not pick up the baby	Ne portez pas bebe (Ne.por-tay pah bay-bay)
Leave the baby alone	Laissez le bebe tranquille (Less-ay traw-keel)
Wash the baby's toys	Lavez les jouets du bebe (La-vay lay joo-ay doo bay-bay)
Can you baby-sit this evening?	Pouvez-vous garder le bébé ce soir? (Poo-vay vu gar-day swar?)
Tomorrow evening?	Demain soir?
What is your name?	Quel est votre nom? (Kel.no)
Can you read and write French?	Pouvez-vous lire et ecrire le francais? (Pou-vay vu leer ay ay-creer fraw-say)
How do you say this in French?	Comment dites-vous ceci en francais? (Co-aw deet vu seseen aw frah-ay)
How much?	Combien?
Too expensive	Trop cher (tro shair)
Do not	Ne faite pas (nuh fet pah)
Put this here ... there	Posez ceci ici. la (Po-zay seseen ee-see ... la)
Carry (bring) this	Portez ceci (por-tay seseen)
Come here	Venez ici (ve-nay ee-see)
What is this?	Qu'est-ce que c'est (kes-ke-say)
Show me	Montrez-moi (mo-tray mwa)
Wrap this	Enveloppez ceci (aw-vel-o-pay seseen)
Cover this	Couvrez ceci (koo-vray seseen)
I want	Je voudrais (je voo-dray)

This is an emergency
Half a kilo
Left. Right
Straight ahead

C'est urgent (set ur-jaw)
Un demi kilo (demeé kee-lo)
à gauche. à droite (ahgo-sh.. ahdrwat)
Tout droit (too drwa)

Days

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

lundi (lan-dee)
mardi (mar-dee)
mercredi (mare-cre-dee)
jeudi (ju-dee)
vendredi (vaw-dre-dee)
samedi (sahm-di)
dimanche (dee-mawj)

Numbers: 1 un (aanh), 2 deux (duh), 3 trois (trwa), 4 quatre (katr), 5 cinq (sank), 6 six (seess), 7 sept (set), 8 huit (weet), 9 neuf (nuf), 10 dix (deess), 11 onze (ohz), 12 douze (dooz), 100 cent (sahn)

Time (examples): 9:00 neuf heure, 9:30 neuf heure et demi (... ay demee), noon - midi (meedee)

Wolof

The Wolof is Senegal's largest ethnic group. Their language is widely used in Dakar and most other urban areas. Greeting people is very important in the Senegalese culture - even if you see a person several times a day you always say hello. Local patterns of greeting include a series of inquiries about the person's household, etc., but if we say hello in English it's OK; "bon jour" in French is better; and "Na nga def" in Wolof will delight your Senegalese acquaintances. Try it! Some common phrases in Wolof are:

Na nga def?
Maa ngi fi rekk
Waaw ... deedeet
Jere-jef
Bi, naata la?
Dafa jafe.
Baax na
Baax ul
Kaay fi.
1 = benn
2 = naar
3 = nett
4 = neent
5 = juroom
6 = juroom benn
7 = juroom naar

How are you?
I am fine
Yes ... no
Thank you.
How much is this?
That's expensive
That's good
That's bad.
Come here.
8 = juroom nett
9 = juroom neent
10 = fukk
11 = fukk ak benn
20 = naar fukk
100 = teemeer
1000 = junni

Buga ma ko!
Aga nah
Maima suma djiam!

I don't want it.
I have given already (loosely translated)
Leave me in peace!

Metric Conversions

Mathematicians and engineers please disregard... for the rest of us, if there's no third grader in your household to explain the metric system, here's an imprecise, incomplete but practical guide:

A liter is a little more than a quart (about 34 ounces). Gasoline is sold here by the liter. If you're masochistic enough to want to know the price per gallon, multiply price per liter x 3.8.

A kilo or 1000 grams, is a little more than two pounds (2.2). Butter usually comes in 250 gr. packs (1/2 lb. plus a bit). One pack of butter minus 1" = 1 cup.

A kilometer is about .6 of a mile; or, putting it the other way around, one mile = 1.6 km. So, when the speed limit is 40 km, it equals 24 mph; 90 km = 54 mph.

A meter is a bit more than a yard (39+"). At 100 centimeters per meter, a foot = 30 cm. and an inch = 2.5 cm. Cloth, strangely enough, is sometimes also sold by the yard. Traditional tie - dyes and batiks are often sold by the "pagne," which is approximately two yards, or enough to wrap around as an African skirt.

Centigrade and Fahrenheit - To convert Centigrade to Fahrenheit, multiply by 9/5ths and add 32 degrees. From Fahrenheit to Centigrade, subtract 32 degrees and multiply by 5/9ths. Or, use this rough guide for fever and ovens, which is all you usually need to know, anyway:

Fever:

98.6 F. = 37 C.
100 F. = 38.3 C.
104 F. = 40 C.

Ovens (cooking)

225-275 F. = 105-135 C. (slow)
350-375 F. = 175-190 C. (medium)
450-500 F. = 230-260 C. (hot)

Recipe Conversions

American Measure	Shortening	Sifted Flour	Sugar
1 tablespoon=	14 grams	8 grams	13 grams
1/4 cup=	56 grams	30 grams	50 grams
1/3 cup=	75 grams	40 grams	67 grams
1/2 cup=	113 grams	60 grams	100 grams
1 cup =	225 grams	120 grams	200 grams

ATTRACTIONS

BEACHES NEAR DAKAR

There are a number of beaches in or near Dakar. They vary considerably in size, amenities, and suitability for swimming. All are suitable for sunning. The ones described here are frequented by foreigners and are relatively safe, but the surf can be rough, and it's not uncommon for unwatched personal items to be stolen from the beach or from parked cars.

Lighthouse Beach - Take the Corniche towards the airport; turn left at an unmarked clearing just past the Clinique des Mamelles (on the left after the lighthouse). Drive a short distance through what seems to be an old parking lot; start down the paved road toward the ocean but turn left again before you get to the bottom. Head toward the promontory overlooking the beach. Park there and climb down the cliff to the beach. Hire a car guard first if one is available. In any case, never leave valuables behind, since cars are not easily visible from the beach. Best not to go here alone.

Baby Beach - Take the Corniche as above toward the airport, continue past the aforementioned turnoff to Lighthouse Beach, and instead take the first (newly) paved road to the left. A little way down this road, at the second opening in the white wall on the left, look for a hand-painted sign pointing to the beach. Turn in here and drive straight into the parking area, where there usually is a guardian. Walk down to the beach. Refreshments available at Buvette.

Secret Beach - Continue along same paved road past turnoff to Baby Beach until you see a Buvette and cars parked in a clearing at another beach on the left. Another way to get there is to continue further on the main road to the airport, turning left instead at the road that goes to La Pointe des Almadies (second paved road past lighthouse). Turn left again opposite the Meridien President complex and drive past the main entrance to Club Med. Now look for the beach on your right. This beach tends to attract younger folks and surfers.

Almadies Beach - Turn left off the Corniche (main road to the airport) onto the road to La Pointe des Almadies (and the Meridien President). Go all the way to the end. Guardians are always available here. Several good restaurants are on your left. The small, rocky beach is on your right. Offshore reefs calm the waters here, so families with children favor this beach. Snorkeling is common at Almadies Beach. Often crowded on weekends.

N'Gor Beach - Go out the Corniche and turn left at green sign for Timi's Discotheque and the Shell Station and, almost immediately, left again. Drive into the parking lot; choose a car guard firmly and quickly from the crowd of boys who will immediately surround your car. The beach is large and calm, but sometimes polluted with trash from N'Gor Village. Paddleboats are available for rental.

N'Gor Island - Take a pirogue from N'Gor Beach (blue is best -- 500 CFA round trip). Beach is calm and good for small children. Drinks available at Buvette on beach. Umbrellas may be rented for 1,000 cfa. Small outdoor restaurant with great view of the ocean. Beach often crowded on weekend afternoons.

Diarama and Ngor Hotels - Two tourist hotels located near N'Gor Beach. Follow directions for N'gor but go straight instead of turning into parking lot for N'Gor Beach. The Diarama is the first hotel on your left, the Ngor the second. Each has a private swimming pool and beach, though the beach at the Ngor is quite modest. Entrance fees required.

Virage Beach - Small, rocky beach in front of Virage Restaurant. Parking available near the restaurant.

Yoff Beach - Take Corniche past airport. Turn left at Hotel Sofitel Teranga sign about 3 kms beyond airport and drive toward ocean. Take one of the side roads to beach. Park on beachfront road; guardian sometimes available. This is the largest expanse of beach in the Dakar area. Some trash, but the wide beach is never crowded. Heavy surf and strong undertow.

Tahiti Plage & La Voile d'Or Plage - These two beaches are located next to each other below the Bel Air Military Base. Take the steps down to the beach just outside Base entrance or take dirt road to the right shortly before getting to Base entrance, drive past some warehouses and press on past a shanty town until you get to the parking area. Of the two beaches, La Voile d'Or is much larger and nicer, has a bar and restaurant, thatched umbrellas (included in price of admission), paddleboats (extra), and nice view (free). This beach is quite secure. The water is calm and looks clean and clear, but probably is somewhat polluted because of proximity to Dakar; however, that doesn't seem to discourage swimmers.

Goree Island Beach - There is a small but not very private beach on Goree next to the ferry landing. See separate CLO handout for directions to Gorée.

GORÉE ISLAND AND SLAVE HOUSE

Gorée Island, rich in history, is probably the area's favorite and most famous tourist attraction. One of the most frequently visited sites is the **Maison des Esclaves (Slave House)**, a poignant reminder of Gorée's role as the center of the West African slave trade. Built by the Dutch in 1776, the slave house has been preserved in its original state. Other points of interest include the Church, the picturesque ruins of **Fort Nassau**, **Saint Michel** (the Castle) and the **Historical Museum** in the old Fort Estrées. There is a small swimming beach near the ferry slip.

A BRIEF HISTORY OF GORÉE

Today a quiet and quaint haunt for tourists with about 1,000 permanent residents, Gorée played an important role in the history of Africa, particularly in the development of the slave trade. Only three kilometers from Dakar at its nearest point, the island is made up of a flat plain that ends in a steep basaltic hill (the Castle), and is only 900 meters by 300. Possibly sighted by Phoenicians and others in antiquity, it was probably first discovered by the Portuguese explorer Dias in 1444.

The island was colonized in 1817. As with Manhattan Island, the Dutch bought the island from a local chief for a pittance. Gorée became a way station for Dutch ships plying the route between their forts on the Gold Coast and the Indies. The Dutch gave the island its name, most probably for "Goeree" Island in Holland, or more fancifully - according to some - for its sheltered harbor, "Goode Reede" (good roads).

Gorée changed hands many times. The British took it from the Dutch; the Dutch then recaptured it, but had to give it up again to the French during French maritime expansion under Colbert. In 1802, by the terms of the Amiens peace agreement, the island became French and remained so until Senegalese independence in 1960.

Gorée was the principal entry point off the coast of Africa for slavers and merchantmen flying the French flag. Thousands of Africans passed through this island fortress on the continent's bulge. After the abolition of the slave trade in France in 1848, Gorée was an outpost for policing the seas. As its role in trade declined, it became a stepping off point for French colonization of the interior of West Africa.

Gorée had the first school and the first printing plant in French Africa. It was also one of the "four communes" which in the 19th century were electing deputies to the French National Assembly. Like Zanzibar off the East Coast of Africa, Gorée is important in the early history of American relations with Africa. The United States established a consulate here in 1885.

Many buildings on Gorée are currently undergoing renovations, sponsored by Senegal, the U.S. and many other governments and international organizations.

POINTS OF INTEREST ON GORÉE

The Slave House: Built in 1776 by the Dutch, the Slave House is one of several sites on the island where Africans were brought to be loaded onto ships bound for the New World. The owner's residential quarters were on the upper floor. The lower floor was reserved for the slaves who were weighed, fed and held before departing on the transatlantic journey. The Slave House with its famous "Door of No Return" has been preserved in its original state. Thousands of tourists visit the house each year.

The Botanical Gardens: Located on the Rue du Port, the gardens were founded by the French in 1667 and remain open to the public.

The Church of St. Charles: Located on the Place de l'Eglise, the church was built with public contributions in 1830 in the style of provincial churches in western France.

The Castle: Originally built by the Dutch in the 17th century, this fortress has been razed and reconstructed several times. In the 18th century it housed the residence of the Governor of Senegal and in 1940 it was bombarded by a combined British and Free French naval force.

William Ponty School: From 1913-1937, this building housed the Ecole Normale William Ponty where many African leaders were educated.

Strickland House: This house is the site of the first American Consulate established in West Africa. It was the home of American businessman Peter Strickland who came to Africa in 1878 as a representative of the Boston trading firm and was named the US Consul in 1883.

University des Mutants: This university, founded by former Senegal President Senghor, was established to bring together the best minds of Africa. It is the site of frequent conferences on current cultural and economic issues for developing nations.

Hostellerie du Chevalier de Boufflers: This well-known restaurant was named after the first French Governor of Senegal, a colorful figure who moved to Goree from the capital of St. Louis and is reported to have broken many hearts upon his return to France in 1788.

Historic Museum: Opened in 1989, the museum has exhibits on anthropology, West African pre-history and the political and religious history of Senegal. Open daily (except Monday) from 10-1 and 2:30-5. It charges a small admission fee.

Ferry (Chaloupe to Gorée Island): The ferry leaves from the port of Dakar, at the foot of Ave. Canard and costs 1000 CFA for residents of Dakar, and 3000 CFA for tourists. The schedule is as follows:

Monday-Saturday**Sundays and Holidays**

Leaves Dakar	Leaves Gorée	Leaves Dakar	Leaves Gorée
6:30	7:00	0:45	1:15
7:30	8:00	7:00	7:30
10:00	10:30	9:00	9:30
11:00	12:00	10:00	10:30
12:30	14:00	12:00	12:30
14:30	15:00	14:00	14:30
16:00	16:30	16:00	16:30
17:30	18:00*	17:00	17:30
18:30	19:00	18:30	19:00
20:00	20:30	19:30	20:00
22:30	23:00	20:30	21:00
00:30**	1:00**	22:30	23:00

* Monday, Tuesday, Thursday, Friday during the school year.

** Monday, Friday and the day after a holiday.

DAY TRIPS FROM DAKAR**SPENDING THE DAY AT
N'GOR ISLAND**

Location: Take the Corniche past the lighthouse and La Pointe des Almadies. Turn left at the Shell Gas Station and then take an immediate left at the next street, where the USAID building is located. Drive into the parking lot and choose a car guard (select one quickly and firmly).

Walk down to the beach and head towards the pirogues (small Senegalese boats). Don't worry about finding them – you will be approached as soon as you're spotted. Two companies (the blue line and the green line) furnish pirogue service to the island. The blue line seems to be dominant and "going blue" will probably cause you fewer hassles. Round trip tickets cost 500 cfa. Be sure to take the same line both coming and going. Keep your tickets in a safe place as you may be asked for them when you return. You can request a life jacket if you are not a strong swimmer. In French, they are called *un gilet de sauvetage*. For the more athletic among us, the swim from shore to shore is approximately ¼ mile.

What To Do Once You're There: The main attraction is the beach. It is small, is in a protected area and has a sandy bottom, which is good for children. Cold drinks are available from drink stands for 300 cfa and sometimes you can rent umbrellas. There is also a small outdoor restaurant with a great view of the ocean. Many people also enjoy taking a walk around the island and viewing the many old homes and the lovely view of the ocean.

Best Time To Go: During the week, any day is good. During the summer months, the weekends can be extremely crowded; however, between September and May the weekends are usually quiet. If you decide to visit the island during the summer months (on a Saturday or Sunday), try to go early in the morning to escape the crowds.

SUNDAY MORNING SERVICE AT KEUR MOUSSA

Catholic Church services are held every Sunday morning at the Monastery at Keur Moussa. The service is done with Gregorian chants accompanied by music played on traditional African instruments. If you plan to visit, you should plan to arrive early to get a seat. The service begins at 10:00 am, lasts approximately 1 – 1 ½ hours and is done in French and Latin. After the service, you can visit a small store that sells CDs and cassettes of the music played during the services, note cards that have pictures of the altar and the monastery, freshly made goat cheese and grapefruits grown on the premises.

Directions: Take the AutoRoute to its end and get on the Rue de Rufisque. Check your odometers as you start on the Rue de Rufisque and drive through Rufisque, Bargny and Sebikotane and then turn left when you've gone 26 miles (41.6 kilometers) from the end of the auto route. Landmarks at the turn off include fruit vendors on the left and a power station on the right. Go about another mile until you reach the village of Keur Moussa. Look for a yellow sign reading "Monastere de Keur Moussa". Turn left and drive to the end of the road (about 1 mile) and park under the shade trees.

THE NATURE RESERVE AT POPENGUINE A GREAT DAY AT THE SEASIDE:

Popenguine is a small town on the ocean about 1 ¼ hours south of Dakar by car. The town is a pilgrimage site and has a lovely church (almost worthy of the drive itself), and a beautiful beach framed by golden cliffs. For any that have tried with disappointing results to find a bit of beach to enjoy for a day trip or picnic, Popenguine is the solution to all your frustrations. On the edge of the town there is a nature reserve (1009 hectares established in 1988) adjoining the beach.

The Reserve consists of scrubby, dry land with dramatic topography, including wonderful cliffs overlooking the ocean. It is a wonderful place for a good walk and has a variety of arid, land-loving birds, monkeys, and nocturnal animals (also snakes). Parking seems safe and visitors are rarely bothered. This park is made for scouting trips. The best time to see the reserve is between November and April. The conservators are pleased and proud to have interested visitors. The beach is included in the reserve and offers wonderful beach walking and picnic possibilities. One popular option is to explore the reserve first and then descend the cliffs and return along the beach. This could be a bit difficult for small children.

To Get There: Drive down the AutoRoute through Rufisque towards Saly and Mbour. Keep right at the Mobil gas station at the "Y" (i.e. don't go to Thies). You will go past the paved road to Toubab Diallo and past a sign for the village of Tchiky. The turnoff for Popenguine is the next paved road on the right at the village of Sandia (across from the Shell gas station). The road is hard to miss, but if you get to Saly, you have gone too far. It is about 9km off of the main road to Popenguine. Flags on the road mean the President is in residence at his home just north of town. **Do not** turn left up the paved road to the Sanctuary parking lot (before you reach the village); this is for the pilgrimage site (open for the pilgrimage around Easter time), not for the nature reserve. The road ends at the Village Square. Turn to the left, go past the short road up to the church, and continue following the bumpy, but passable, dirt road for about 1-km. The road dead ends in a rough parking area just off of the beach. There is a camp there and you will see a faint sign for the reserve.

Before you go you can call the National Park Office at 956.49.51. They can arrange for a guide. While it is not mandatory to request prior permission to visit the park, if you are planning to go in a large group, you might want to call the office to give them advance notice. If you are a small party and haven't planned ahead, just stop in at the park office (which is a small house on the beach to your left as you face the ocean near the sign) and request permission to enter the reserve. Reserve hours are 9 to 12 and 3 to 6, but if you enter the park before noon, it is unlikely that the rangers will ask you to leave during the lunch break. The charge is 1500 cfa per adult and 700 per child.

Bring: Beach umbrellas, sun hats, sunscreen (there is little shade in the park and none on the beach), water and perhaps a picnic lunch. (There are a few restaurants in Popenguine, but you will need to order as soon as you arrive as it takes several hours for the preparation of the meals). For bird watchers, don't forget your binoculars and bird books. If you are a serious explorer, you should wear long pants and sturdy walking shoes (the trails are crumbly in places and there are lots of sticky bushes). A compass, walking stick and backpack for water are also recommended.

LAC RETBA (LAC ROSE)

Lac Rose, the pink lake is billed as Senegal's answer to the Dead Sea. The lake is also famous because the annual Paris-Dakar motor rally traditionally finishes here. Surrounded by dunes, this large shallow lagoon is 10 times saltier than the ocean and is also renowned for its pink hue when the sun is high. The color is due to the high concentrations of minerals in the water, and as a result is much more impressive in the dry season, when the water is low. You can swim here, buoyed by the salt or rent a canoe and paddle around the lake.

At Lac Rose you can have lunch or stay over night at the Bonaba Café, telephone number: 638 75.38. Horse back riding and Dune Buggy's are also available for rental. There is also a gorgeous beach beyond the sand dunes. It's worth the effort to climb the sand dunes to get to the beach for swimming and a picnic.

Directions: Take the AutoRoute from Dakar towards the airport. At the roundabout for the airport, turn off to the right and take the road to RUFISQUE. Check your odometers, drive 13 kilometers and turn left (about 1 mile after the Mobil station) also, before you make the left turn you will see a signpost for the village of KEUR MASSAR. Stay straight on the road and continue through town until the road curves to the right. After you make the right turn you will pass a traditional hospital on the right side of the road. Continue on this road to the first paved road to the left and turn left (km23.7) When you reach the village of Niga (km27-6), take the paved road through the village until you reach the parking lot at Pink Lake (km30.4). To get to Bonaba Café continue along the track around the lake until you get to the other side of the lake.

RESERVE DE BANDIA

Great trip for families

This small wildlife reserve is on the East Side of the road between Dakar and Mbour, about 5km south of Sindia. You can't miss the large entrance gates and sign flanked by two giraffes. Privately funded and well managed, this reserve is worth a visit. You are not permitted to walk in the park. It is recommended you bring your own picnic lunch or make a stop on your return to Dakar to the fishing village at **Toubab Dialao** for lunch and swimming at **Sobo Bade**. Sobo

Bade, built on a small cliff, surrounded by beautiful gardens, and overlooking the beach and ocean. Sobo Bade itself is like a sculpture.

The reserve contains several animal species including monkeys, giraffe, buffalo, jackal, ostrich and a variety of birds. There are also some interesting Serere burial mounds and a baobab tree where griots were interred.

The reserve is open daily. Admission is 7,000 CFA per person, 3,500 CFA to hire a guide, 30,000 CFA to secure a 4x4 for viewing the animals. The vehicle can accommodate 9 people so it's best to go in a group and the tour is approximately 2-½ hour. Telephone number: 685.58.86.

Directions: Take the AutoRoute to its end and get on the Rue de Rufisque. Continue on route to Mbour. You should see the park about 5km after Sindia. Driving time from Dakar is estimated at about 1 ½ hour.

LE VILLAGE DES TORTUES DE NOFLAYE

Great trip for families

Here is a unique ecology park/reserve dedicated to the preservation of turtles, tortoises and the ecology of the area. This unique sanctuary offers tours daily from 9:00 am to 7:00pm. The best months are April and May, Mating season: September and October, Hatching season: October, November and December. English tour guides are available.

Telephone number: 658 99 84. The reserve is a 45 minutes drive from Dakar on the route to Rufisque in the village of De Noflaye.

OVER-NIGHT TRIP

ST- LOUIS & DJOUDJ – NORTHERN SENEGAL

Parc National des Oiseaux du Djoudj is one of the most important wetland bird sanctuaries in the world and is famous for bird watching, especially the vast flocks of pelicans and flamingos. It is best to be there early in the morning so an overnight trip is recommended. Some prefer to spend the night in St. Louis and drive to the park early in the morning. In St Louis we recommend the Hotel De La Poste, see list of hotels in St Louis. St Louis is approximately four hours drive from Dakar; the roads are in excellent condition. The park is accessible only by a dirt road (25-km) so it's important to have a four-wheel drive vehicle. Accommodations in the park are available at the Hotel du Djoudj, telephone number 820 05 40 from Dakar or 963 87 02 from St Louis. You may wish to call the Hostellerie du Djoudj (963 87 02) if you are traveling in a group to book the pirogue ride. The cost of the pirogue ride is 3,000cfa per adult; kids are free. Park entry fee is 5,000 cfa per vehicle plus 2,000 cfa per person. Best time to visit Djoudj is from November to April, when various migrant birds from Europe, especially waders, arrive. Around three million individual birds pass through the park annually, and almost 400 separate species have been recorded.

St Louis with its impressive colonial architecture, unique setting and relaxed atmosphere is one of the most congenial towns in Senegal. Jazz is a big thing here. The St-Louis Jazz Festival is an annual event and takes place in May, attracting performers and audiences from all over the world.

Things to do before you leave Dakar!

- *Spend a Sunday morning chanting at Ker Moussa after which buy some delicious goat cheese; then head over to Sobo Bade - Toubab Dialao for a swim. The beaches are spectacular and so is the view!*
- *Run the Hash and drink a Flag.*
- *Have a taste of bissap.*
- *Doing the wahale- bargaining for something you must have.*
- *Hang tough on a dune buggy, trek through the sand and ride a horse at Lac Rose.*
- *See the Grand Mosque at Touba and drink from the well of Mame Diarra.*
- *Be enthralled by the stalls of Marché HLM. Buy and wear a petit pagne and a dial dialy beneath your boubou.*
- *Visit the Lighthouse at Mamelles; especially at 7pm with wine and watch the sunset.*
- *Have coffee and croissants at Letitia.*
- *Have a quiet dinner at Teroubi.*
- *Get a great piece of gold jewelry made just for you by Pape Diop at BIJOUTERIE NOUVELLE 30, Rue A. Assane Doye.*
- *Watch the sunset at point Almadies, the most western point in Africa and dine on grilled fish and oysters.*
- *Start a shell collection from Saly and display them in a basket from Thies.*
- *Go to Club Med for the weekend.*
- *Grow the vegetable that you miss most from the States in the Ebbett's vegetable garden. Best of all have someone else plant and water it for you then enjoy the fruits from your garden.*
- *Do the midnight hash.*
- *Pick up copies of The Scarlet Song and So Long A Letter by the Senegalese author Miriama Ba and read them. Copies are available in English and French.*
- *Be sure to learn some Wolof...Jere-jef!*
- *Treat your-self to a Claire Kane designed outfit.*